Vancouver metro

TUESDAY, AUGUST 23, 2016

VANCOUVER

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- SUN.OCT.02
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- TUE.NOV.15
- SAT.NOV.19
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- FRI.JAN.06
- SUN.JAN.15
- THU.FEB.02
- SUN.FEB.19
- FRI.MAR.31
- SAT.APR.08

PACK B

- MON.OCT.03
- THU.OCT.20
- FRI.OCT.28
- SUN.DEC.18
- WED.DEC.28
- MON.JAN.02
- FRI.JAN.20
- SAT.FEB.18
- TUE.FEB.28
- SAT.MAR.11
- TUE.MAR.28

PACK C

- THU.OCT.06
- TUE.OCT.25
- SAT.OCT.29
- TUE.NOV.29
- THU.DEC.22
- FRI.DEC.30
- WED.JAN.04
- SAT.FEB.04
- TUE.MAR.07
- MON.MAR.13
- THU.MAR.16

PACK D

- WED.SEP.28
- SAT.OCT.15
- TUE.OCT.18
- SUN.NOV.13
- THU.NOV.17
- THU.DEC.01
- SAT.DEC.03
- TUE.DEC.20
- TUE.JAN.17
- SAT.FEB.25
- THU.MAR.09
- SUN.APR.02

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SOCKEYE LEVELS AT *record low*

metroNEWS

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Vancouver metro

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Metro readers say:

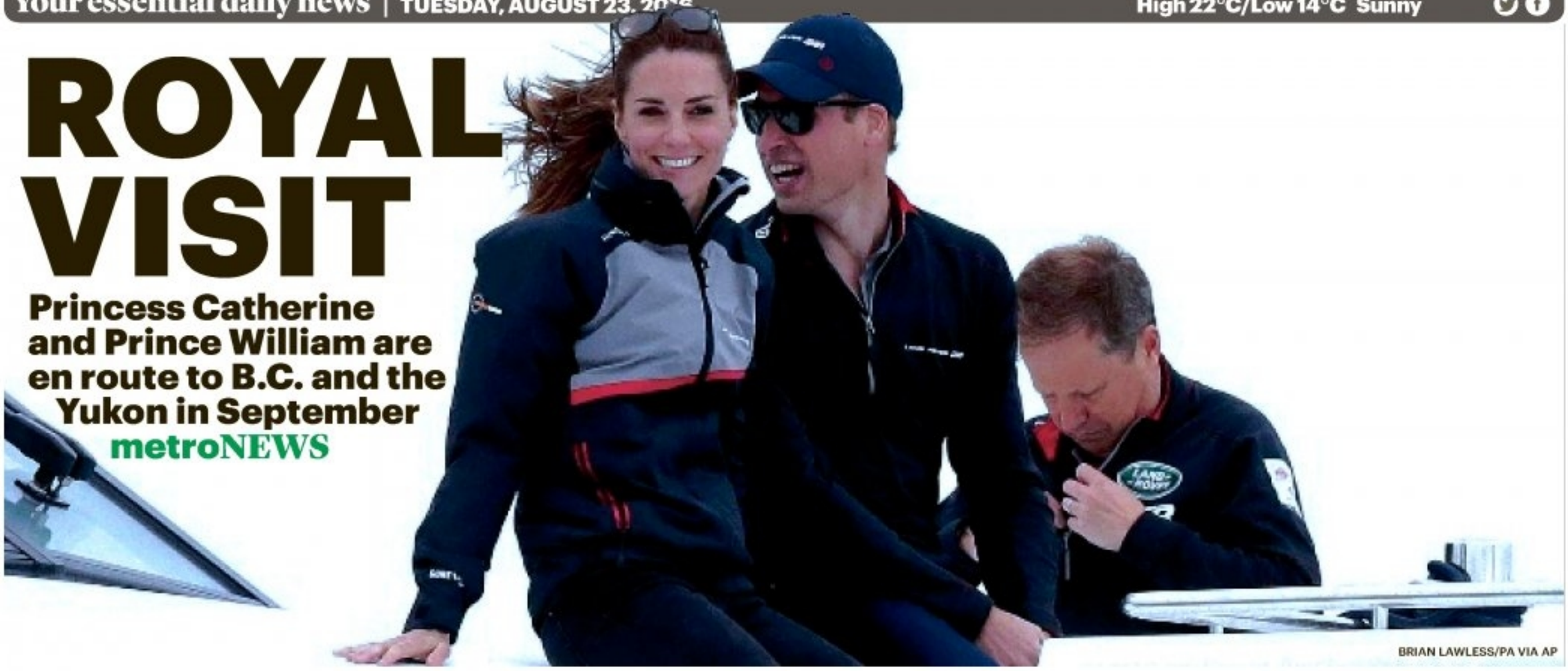
Favourite *RIO* moment

metroVIEWS

ROYAL VISIT

Princess Catherine and Prince William are en route to B.C. and the Yukon in September

metroNEWS



BRIAN LAWLESS/PA VIA AP

Why rent in Vancouver has spiked

Vancouver's RENTAL CRISIS

Market flooded due to high housing costs, says realtor

Jen St. Denis
Metro | Vancouver

A huge spike in Vancouver rents likely started one year ago, according to a Vancouver realtor who specialized in selling apartment buildings.

"We were the first out of the gate to say something's happening, and it's not just a trend, it's something very significant in the marketplace," said Mark Goodman.

"Rents are finally catching up to the housing market."

Metro reported Thursday that data compiled from Craigslist listings by Tom Davidoff, an economic professor at the University of British Columbia, showed that Vancouver rents rose a steep 15 per cent between April and August, and were on track to rise 20 per cent this year.

That comes as no surprise to Goodman. In July 2015, he noted increases of between 10 and 20 per cent when new tenants moved in. It's a new phenomenon in Vancouver, where rents used to be the affordable alternative to ever-increasing real estate.

A combination of factors could be pushing up rents. A number of tenants could be staying in the rental market because, with home prices rising 32 per cent this year, they've been priced out of homeownership, Davidoff said.

Building owners are facing increasing maintenance costs as many purpose built rental buildings age, Goodman said. And as in the residential market, prices for apartment buildings have skyrocketed. That means that the capitalization rate, or income that can be derived from a property asset, has fallen to 2 per cent compared to 6 per cent that was common 15 years ago.

"They must get that yield up over time," Goodman said. "With the multi-family asset class, you can do that on turnover."

The solution, Goodman said, is to build more rental supply: he believes the province's new 15 per cent property transfer tax on foreign buyers, the City of Vancouver's proposed vacancy tax, and the requirements built into several of the city's recent rental building incentive programs are all making it harder to build new rental in Vancouver.

He also thinks it should be open season on knocking down lower-density rental buildings and replacing them with higher towers to increase supply.

However, research has shown that building new rental doesn't translate to more affordable rents, said Andy Yan, an urban planner and acting director of Simon Fraser University's City Program. "The new stock of market rental isn't going to fit the needs or security of those who are facing these significant rent increases," Yan said.

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metro NEWS
Your essential daily news

Donald Trump vows 'fair, but firm' approach to illegal immigration.

ESL students worried as strike drags on

VANCOUVER ENGLISH CENTRE

Labour dispute has some demanding refunds

David P. Ball
Metro | Vancouver

Visiting students at a Vancouver language school are fuming over lost class time as their English instructors mark three weeks on the picket lines Tuesday.

Members of the Education and Training Employees' Association (ETEA) have been on strike since Aug. 2 after negotiations with their employer, Vancouver English Centre, broke down. But several students told Metro they don't blame their instructors — they just want their money back before their visas expire.

"I'm really worried," said a Mexican lawyer who was three weeks away from finishing a three-month VEC course. She asked not to be identified in case it jeopardizes her chances of resuming coursework. "I want to learn English so I could get a better job; that's why I came here.

"We thought (strikes) didn't happen here — we were so surprised.... I'm not angry with the teachers because these are their rights. But for us, the school should give us our money back."

She and another student interviewed by Metro (who also asked not to be identified) said the school also suggested they could finish their coursework at an affiliate in Guadalajara, Mexico — more than 1,300 kilometres from their city, roughly the distance from Vancouver to Saskatoon.

Fellow Mexican student Hector Díaz alleged VEC offered "sightseeing" trips offsite to English film screenings. He paid for his $6,000 tuition by selling his car and was only one month into his six-month program.

"I paid for a service and they're not providing that service," he told Metro in an interview. "It's so simple. If you go to a store and buy a pair of jeans — but you get a pair of socks — they just don't compare.

"I think I deserve a refund.... If they have a problem with the teachers, they have to resolve that problem. It's not my problem."

But according to the school's president, Ken Gardner, the school's offer of four days of coursework once the strike ends for every day lost is more than adequate, adding that he "will not be discussing refunds until the strike is over."

He told Metro that the strike has had a "very negative effect on the morale" of both students and non-unionized VEC staff.

On Monday last week, Gardner emailed the striking teachers stating, "We have put a fair compensation package on the table that offers significant raises to most teachers and is similar to other agreements that have been agreed upon."

According to the VEC union local's interim president Kim Fissel, the main issues of dispute are over what she alleged are hours of unpaid preparatory work required of teachers every week, and what she said are $25,000 median incomes for teachers.

"Unfortunately, our students are the ones getting hurt the most," she said in an interview. "It kills me to see that happen, but the teachers need to be able to survive in this city.

Hector Díaz, from Chihuahua state, Mexico, has had his English classes cancelled due to a protracted labour dispute. He was just one month into a six-month course at Vancouver English Centre. DAVID P. BALL/METRO

> **Many people feel bullied. It has also harmed the reputation of our school, as well as Vancouver.**
> Ken Gardner

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Liberian LNG, or Liquefied Natural Gas, tanker Al Hamra arrives at a port in Yokohama, Japan, in April 2014. KOJI SASAHARA/THE ASSOCIATED PRESS

LNG influence evident in plan: NDP

CLIMATE CHANGE

Lack of a carbon tax increase an example of that, says Heyman

Matt Kieltyka
Metro | Vancouver

British Columbia's underwhelming climate-action plan is more proof of the liquefied natural gas industry's hold over the province, say critics.

Premier Christy Clark announced the plan, projected to reduce B.C.'s emissions by up to 25 megatonnes by 2050, on Friday.

The plan outlines 21 steps to cut emissions but was overshadowed by the one item the B.C. Liberals refused to implement: an increase to the province's carbon tax.

The government's own appointed Climate Leadership Team recommended a $10 per tonne per year increase to the tax, along with a one per cent decrease to the provincial sales tax and other economic measures meant to offset the impact a higher tax would have on emission-intensive sectors, as the backbone of any climate action.

But in ruling out the recommendation, Clark said an increased carbon tax would negatively impact the economy.

It would also devastate the province's plan to get the LNG industry off the ground, lobby groups warned in the preceding months.

Of the 32 recommendations made by the Climate Leadership Team — composed of government, academic, environmental, business and First Nations stakeholders — only the carbon tax recommendation wasn't unanimous.

"One CLT member is not in a position to support recommendation 5," the team's final report, released in December, reads.

At the same time, B.C. LNG Alliance president David Keane — a member of the CLT — was publicly lobbying against an increase to the carbon tax.

Clark echoed that sentiment on Friday, challenging other provinces to implement a carbon tax instead of forging ahead with B.C.'s.

"We will consider raising the carbon tax as other provinces catch up," said Clark.

This, despite the CLT saying it is possible to increase the carbon tax and remain competitive without "waiting for other jurisdictions to strengthen their climate policies first."

> **We will consider raising the carbon tax as other provinces catch up.** Premier Christy Clark

"We're already paying, what in my view, arguably, is one of the highest prices on carbon in the world," Keane told CBC. "The concern we have is we have to wait until other jurisdictions catch up. Making sure that we're waiting until other jurisdictions have caught up to at least some degree of parity to B.C. is prudent."

B.C. New Democratic Party environment critic George Heyman doesn't believe it was a coincidence Clark's comments so closely mirrored that of the LNG industry or that the climate action plan is missing a key piece the industry opposed.

"I think it is fair to assume that the LNG industry has tremendous influence over this government," he said, adding the B.C. Liberals now have a history of making decisions to help along proposed LNG projects even though "we have yet to see a single one."

B.C. Green Party Leader Andrew Weaver released a statement Friday accusing the government of "choosing to chase the LNG pipedream" instead of take leadership on climate change.

Clark won the last provincial election on the promise of a thriving liquefied natural gas industry.

Although proponents have already pumped $20 billion in the province, not a single project has been built here, nor has any proponent signed a final investment agreement.

Given the global slump in oil and gas prices, Clark admitted to Metro in June that fulfilling her election promise has been a challenge, but that she remained optimistic.

"We haven't seen any of these projects get stopped, so that's good," she said. "We're still going to get there, it's just taking us a little longer."

Clark's climate plan seems to double down on that commitment.

"Natural gas is also the cleanest burning fossil fuel, representing an opportunity to shift global economies off GHG-intensive fuels like coal and oil to reduce worldwide emissions," the plan reads.

It proposes incentives for industry to switch to natural gas-powered vehicles and Clark expressed her hope for vessels shipping B.C. LNG to markets in Asia to also be powered by LNG.

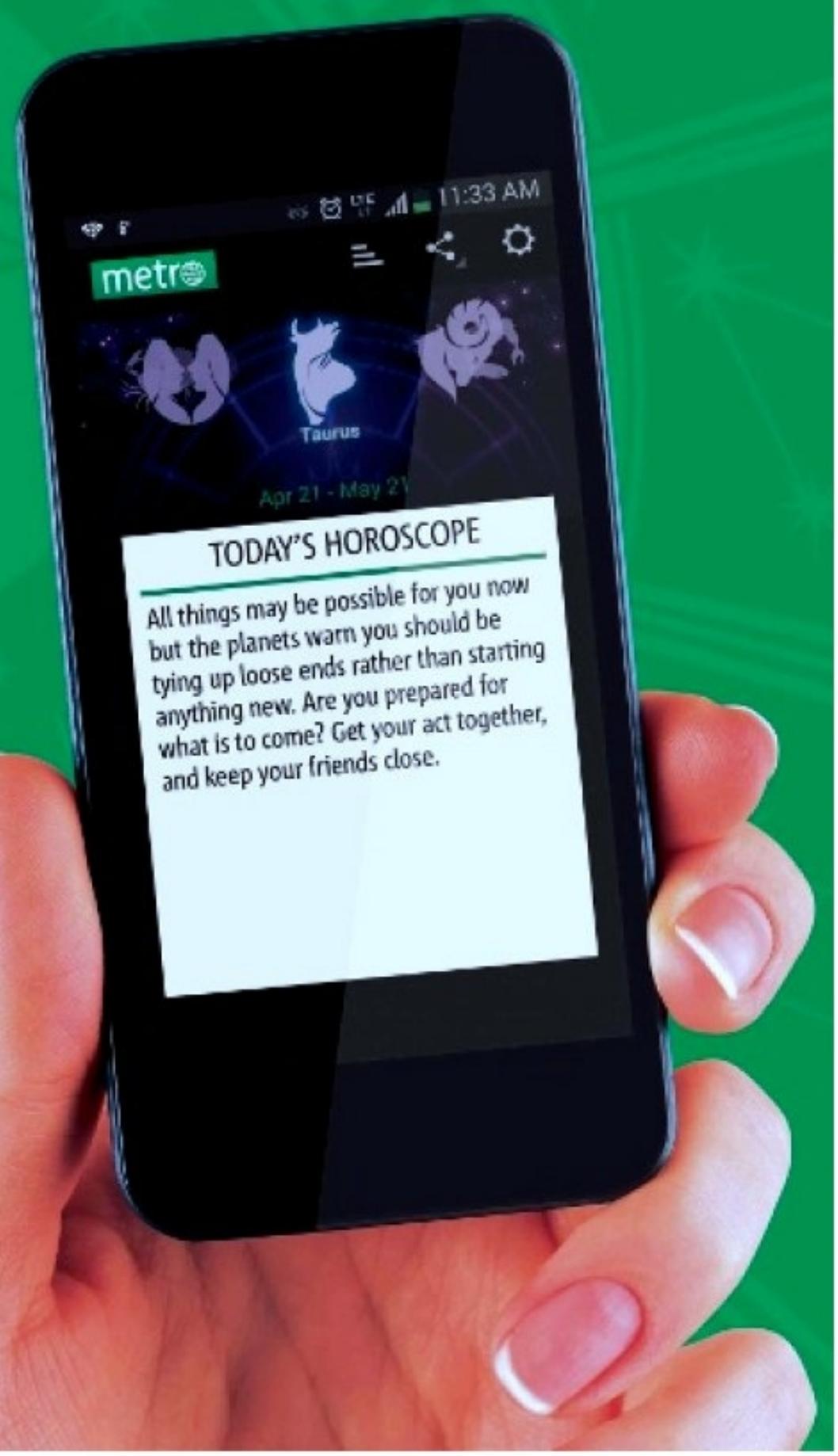
Electrifying natural gas development in the Montney Basin would also "ensure that B.C. has the cleanest LNG in the world," according to the plan.

WITH FILES FROM DAVID P. BALL/METRO

metro

TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App



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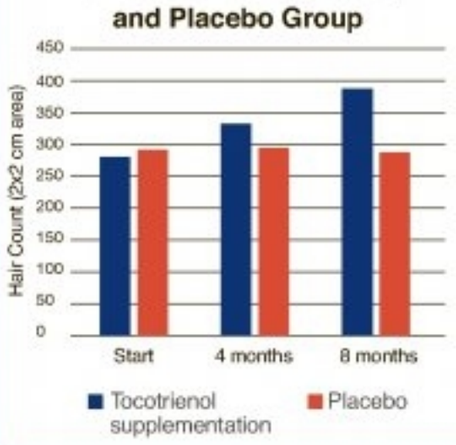
NEW natural ingredient produces 34% more hair in 8 months!

It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at Shoppers Drug Mart, GNC and participating Walmart stores, as well as participating health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

Spawning sockeye salmon are seen making their way up the Adams River in Roderick Haig-Brown Provincial Park near Chase in October 2014. JONATHAN HAYWARD/THE CANADIAN PRESS

Sockeye projections at lowest level ever

CONSERVATION

Commercial, First Nations fisheries closed on Fraser River

Jen St. Denis
Metro | Vancouver

B.C.'s sockeye salmon run is projected at its lowest level in recorded history, with much of the blame being placed on higher water temperatures in the Pacific Ocean and Fraser River.

This year, the Pacific Salmon Commission had predicted just 2,271,000 sockeye to return, but has now revised that to 853,000. The situation has prompted the complete closure of the commercial and First Nations fisheries on the Fraser River.

"Every time there's a low return on sockeye, First Nations of the coast and up the Fraser River and up the river systems are going to have to go without food for the winter," said Bob Chamberlin, vice-chairman of the Union of B.C. Indian Chiefs and a councillor of the Kwicksutaineuk Ah-kwa-mish First Nation.

"It's well-reported all across Canada, the level of poverty that's in our communities."

The projected returns are lower even than the disastrous 2009 sockeye run of 1.3 million fish, which prompted the creation of the federal Cohen Commission to look into the cause of the fishery collapse.

"There's been very tough ocean conditions for salmon over the past few years due to the warm 'blob' in the Pacific, a giant mass of much warmer than average water in the Pacific," said Aaron Hill, executive director of Watershed Watch Salmon Society.

It has reduced the amount and quality of food available to salmon and introduced predators who would normally stay in warmer waters. The ongoing El Nino weather pattern is also warming things up.

A second year of smaller than normal snowpacks has reduced the amount of water flowing to the Fraser River, meaning the river is now so warm that many fish could die before they reach the spawning grounds, further reducing the already smaller population.

853,000

The predicted return of the sockeye salmon for 2016, down even from the disastrous 1.3 million salmon run of 2009.

Overfishing, diseases spread by fish farms and taking too much water out of the Fraser River for irrigation are also factors, Hill said.

The federal government has promised action on the long-dormant recommendations of the Cohen Commission. However, new measures to implement those recommendations don't include new limits on fish farms.

That concerns Chamberlin, who would like to see all fish farming in B.C. moved to closed-containment farms on land. He said a company owned by the 'Namgis First Nation proves that land-based systems can be successful.

Given the role of warming ocean conditions in the sockeye's decline, Hill said it was disappointing to see the B.C. government adopt a climate plan that has been heavily criticized by environmental groups because it did not raise the provincial carbon tax. Under the plan, B.C. is unlikely to meet its own greenhouse gas emissions targets.

> **Every time there's a low return on sockeye, First Nations ... go without food for the winter.**
> Bob Chamberlin

B.C. to pull out the green carpet

MAPPED | Charting the royal visit to B.C. and Yukon

The Royal visit gets underway with an official welcome to Canada and B.C. on Sept. 24 in Victoria. From there, the Duke and Duchess will visit Vancouver and Bella Bella in the Great Bear Rainforest. The couple will return to Victoria before visiting Kelowna and Yukon. Then back to Victoria before hopping up to Haida Gwaii and returning to Victoria on Oct. 1.

Sept. 24 Victoria

Sept. 25 Vancouver

Sept. 26 Bella Bella

Sept. 27 Victoria and Kelowna; Whitehorse, Yukon

Sept. 28 Whitehorse and Carcross, Yukon

Sept. 29 Victoria

Sept. 30 Haida Gwaii

Oct. 1 Victoria

ROYAL VISIT

Prince William and Kate to explore west, north Canada

The Duke and Duchess of Cambridge will visit an area in B.C. known for its ancient rainforests as well a community in Yukon that was a resting spot for Klondike gold miners when they come to Canada next month.

Kensington Palace tweeted Monday morning that Prince William and his wife Kate will visit Vancouver, Victoria, Bella Bella, Haida Gwaii and Kelowna in B.C. as well as Whitehorse and Carcross in Yukon.

It says the trip will take place between Sept. 24 and Oct. 1.

This will be the royal couple's second visit to Canada. Their first, following their 2011 wedding, took them to Ottawa, Montreal, Quebec City, Charlottetown, Summerside, Yellowknife, Calgary and Slave Lake after that community was ravaged by a forest fire.

The visit was seen as a way to engage young Canadians with the monarchy.

The couple's children are reportedly slated to join their parents on the upcoming visit.

Prime Minister Justin Trudeau said details about the trip, including whether George and Charlotte are coming, are being worked out, but added that his wife Sophie Gregoire Trudeau is "looking forward to an opportunity to showcase extraordinary Canadian fashion designers."

Trudeau highlighted the potential benefit the royal tour will have for Canada in raising awareness about the West Coast.

"I think this is an opportunity for us to showcase, not just to the family but to the world that watches them, how extraordinary Canada is, how incredibly beautiful our West Coast is, and, indeed, to celebrate the extraordinary success we have in Canada being an inclusive, diverse country that benefits from the most beautiful geography of any country in the world," he said outside a retreat in Ontario.

In a statement, Premier Christy Clark said the tour "is an opportunity for their Royal Highnesses to witness the very best of our province — from the Great Bear Rainforest, to the emerging generation of young, tech-minded entrepreneurs, to millennia-old indigenous cultures." THE CANADIAN PRESS

The Duke and Duchess CHRIS JACKSON/GETTY IMAGES

Duke of Cambridge's flag in Canada

The flag of The Duke of Cambridge bears a **blue roundel within a wreath of golden maple leaves** for Canada, and shells, a symbol borrowed from his coat of arms. The centre features **his Cypher**, composed of a 'W' with a coronet above it that indicates he is the child of the heir apparent of the Sovereign. Near the top is the personal three-point white label charged with a red shell, taken from his coat of arms.

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A still from one of the new Bounce Back Today mental health television advertisements being broadcast across the province thanks to an award from the BC Broadcasters Association.

COURTESY CMHA B.C./RETHINK COMMUNICATIONS

Ads a lighter look at mental illness

WELLNESS

Spots 'playful' about anxiety, depression, but not caricature

Is it a problem if you're so stressed at work that coffee mugs shatter in your hands — or if you burst into tears every morning when the toaster pops?

Probably, according to new ads created by Vancouver's Rethink Communications for TV and radio.

The spots are part of a marketing campaign the outside-the-box agency created for the Canadian Mental Health Association B.C. division.

The Bounce Back Today campaign's hope is to spark some chuckles and chats about depression and anxiety around water coolers and kitchen tables — but more importantly, to help people catch "problems" before they worsen, CMHA B.C.'s senior policy and research director said.

"We want to help activate awareness in people about the symptoms of when mood and anxiety might be outside the norm," Jonny Morris told Metro in a phone interview, "and to seek help."

The ads were "designed to help people in a playful but not caricatured way," he explained, and launched thanks to CMHA B.C. winning the BC Broadcasters Association's Humanitarian Award — valued at $1 million of advertising airtime for a charity.

While an admittedly "lighthearted" approach to a national crisis such as mental health might seem counter-intuitive — depression affects one in nine British Columbians, and anxiety one in five — Morris said the ad creators were careful to pull off the gags without mockery or stigma.

"The old-school drive-home-a-hard-message advertising isn't necessarily as effective anymore," he said. "We want to inspire dinner-table and kitchen conversations so we struck a light-hearted tone, but the actual light-heartedness isn't directed at mental illness."

The campaign draws visitors to an online quiz about their mental state, and also offers fact sheets, tips on maintaining wellness, and encouragement to speak to a doctor for help — part of CMHA's existing Bounceback initiative, which is funded by the B.C. government.

"Doctors are the gateway or door to the program," Morris explained.

Rethink Communications' previous campaigns include anti-oil tanker ads that leeched black ink when it rained, and creating a Canadian passport-activated free beer fridge for Molson that toured Europe in the lead-up to the Olympics in Russia.

For more information about the Bounce Back Today campaign, visit bouncebacktoday.ca.

> **We hope that the advertising campaign will connect with those for whom mental health is not even on their radar.**
>
> Bev Gutray, CEO, Canadian Mental Health Association B.C.

Wildfire forces evacuation

EMERGENCY

Flames flare north of West Kelowna

Officials say cooler temperatures have helped British Columbia crews battling a wildfire that forced the evacuation of dozens of properties above the northwestern shore of Okanagan Lake.

The Bear Creek wildfire broke out late Sunday evening, near Bear Creek Provincial Park, and within hours the Central Okanagan Regional District ordered the evacuation of 156 properties.

Cooler weather helped stem the fire's growth Monday and crews had the blaze 30 per cent contained by the afternoon, said fire information officer Melissa Klassen with the B.C. Wildfire Service.

About 50 provincial crews were working with local departments to fight the fire, which was estimated to be about 52 hectares in size, Klassen said.

A news release issued by the regional district Monday said no homes had been lost, but some sheds or outbuildings may have been damaged about 10 kilometres north of West Kelowna.

About 60 people from the evacuated area had registered at an emergency reception centre in West Kelowna by Monday morning.

The evacuation zone covered the provincial park campground, a subdivision and homes along Bear Creek Road.

Fourteen properties in a second subdivision were under evacuation alert and a section of Westside Road was closed until further notice.

A water bomber drops water on a hillside in West Kelowna in 2014. JONATHAN HAYWARD /THE CANADIAN PRESS

The evacuation order remained in place Monday afternoon, but the regional district said in a news release that the RCMP and campground staff would escort campers into the site Monday afternoon and Tuesday morning to quickly retrieve their possessions, including trailers and vehicles.

Another Okanagan fire, at the south end of Skaha Lake, about 80 kilometres south of Kelowna, also caused concern late Sunday.

Residents of Okanagan Falls watched as flames edged toward homes in the community of about 2,500, but light winds and showers provided an edge for local firefighters and a wildfire service crew.

The wildfire service said the 16 hectare blaze had been 75 per cent contained by afternoon. Fire danger ratings across most of southern British Columbia climbed over the weekend to high, with many pockets in the Okanagan ranked as extreme.

Environment Canada forecast a return to hot, dry conditions by Tuesday.

THE CANADIAN PRESS

RCMP

Two charged with murder

The RCMP say charges have been laid in the death of a man who went missing six years ago in Mission.

Insp. Donna Richardson says Joshua Bowe was 21 years old when he disappeared in November 2010.

She says two men have been charged with first-degree murder in the case and one has also been charged with accessory after the fact in the death. Richardson says the men were both youths at the time of Bowe's death, so they cannot be named under the Youth Criminal Justice Act. She says the victim and the men knew each other. THE CANADIAN PRESS

IN BRIEF

Suspicious fire doesn't quell demands to save school

Supporters of a century-old school in east Vancouver won't abandon efforts to keep the school open, even though the old building was heavily damaged by a suspicious fire on Friday.

A petition was being circulated to save Sir Guy Carlton Elementary and two other area schools. Adrian Dix, a NDP member of the legislature, said the number of the signatures on the petition had reached 4,000, more than double the total number of students at all three schools.

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Mountain giveth ... and taketh

FRESH AIR

Wedgemount is worth the wait, but try to pack lots of resolve

Graeme McRanor and his son rest on the edge of Wedgemount Lake, north of Whistler. GRAEME MCRANOR/FOR METRO

There was a point during the climb to Wedgemount Lake where my son and I emerged from the forest to a plateau of sorts. We'd been hiking steadily for nearly four hours, so it was a welcome respite from an arduous ascent.

"We must be almost there," I said, suddenly energized by the lake's proximity.

That's when I looked up and spotted a few tiny backpack-toting dots slowly moving up a very steep, rocky chute. My heart sank.

The mountain giveth and taketh away.

Wedgemount Lake is a tough hike. And that final push is the hardest part of it.

Compounding the difficulty, we had opted to camp; so I was hauling my big camping pack — with tent, sleeping pad/bag, cooking gear, food, emergency supplies and, of course, camera and tripod.

The hike can be done in a day, but on longer hikes — particularly with my son — I prefer to camp.

Sure, it makes the climb harder, but you get a night's rest before going down. And, if you're into photography and it's clear, you can shoot sunset, blue hour, the night sky and, of course, sunrise.

I slept in. When I finally got up, much to my son's delight, it took me a few minutes to get out of the tent; my body felt as though it had been dropped from a plane.

We ate breakfast and packed our gear.

"Slow is safe," I said as we carefully made our way down.

Next morning, at home, I asked my son if he was sore.

"Nope!"

I couldn't walk right for a week. GRAEME MCRANOR/FOR METRO

THE LOWDOWN

Trail details
Difficulty: Difficult
Time: 7 to 8 hours return
Distance: 14 kilometres
Elevation gain: 1,160 metres over 7 kilometres

How to get there
Driving time: Approximately 90 minutes from Vancouver. Take Highway 99 to Whistler. The turnoff to Wedgemount Lake is 12 kilometres past Whistler Village. Turn right and follow road 2 kilometres to parking lot.

B.C. lawyer conquers epic horse race

MONGOL DERBY

Talking yurts, marmot holes and bonding with other riders

Jen St. Denis
Metro | Vancouver

Langley's Heidi Telstad, the rider in blue, shares in a three-way tie with Australian Will Comiskey and Marcia Hefker-Miles from the United States at this year's Mongol Derby. RICHARD DUNWOODY, MONGOL DERBY/CONTRIBUTED

It's a little like the Tour de France, but in Mongolia, and instead of bikes, horses.

The Mongol Derby, which winds across deserts, plains and mountains across Mongolia, takes 14 days to complete and bills itself as the longest horse race in the world. This year Heidi Telstad, a corporate lawyer from Langley, won the race in a three-way tie with two other competitors.

Race participants ride wild Mongolian horses and need to be prepared to navigate their way to each station. Around 40 people compete each year.

Telstad used the race to raise $2,900 for epilepsy. Metro caught up with Telstad via Facebook chat as she waited in Seoul, Korea, on a six-hour layover on her way back to British Columbia.

Metro: How long do you ride each day? What is the terrain like?

Heidi Telstad: The Mongol Derby is based upon the ancient postal/messenger system of Genghis Khan. Having short legs of 35 km for each horse to gallop was the most efficient method of getting messages around Mongolia.

Sometimes our horses were in shape and we could gallop most of the way. However, more often than not our horses were fat and out of shape so we would have to manage our horses according to their ability. We would go fast when the ground was flat and trot slowly up the mountains with lots of breaks for the horses to eat and drink.

Where did you stay along the route?

Each urtuu (station) was hosted by a Mongolian family. They would have extra Gers (yurt tent) put up if we were going to sleep at that particular urtuu for the night. Will (a competitor Telstad rode with) and I tried to visit with each family for a few minutes and sample the wonderful food they had prepared for us.

> "Slow and steady does not win the race. Heidi Telstad

When we camped out we had to hobble our horses and tie them to a pole or other structure that we found. The horses were 100 per cent our responsibility during the night and we had to make sure they were fed and watered as well as not lost during the night.

Why did you want to do the race?

I hadn't gone into the race to win. I just wanted to do really well. The terrain is very dangerous with millions of marmot holes everywhere. That's how a lot of accidents happened. You would be running along and all of a sudden your horse would fall in a hole and either stumble or flip.

What was your strategy? Does slow and steady win this type of race — or do you need to go fast?

Slow and steady does not win the race. You might not even finish going slow. The field can't get too spread out because of the lack of medics. They will push the stragglers up a few stations to keep them in the race. They'll get a completion but not a placing.

Did you bond with your fellow competitors?

I bonded with every single rider in one way or another. When something happened we dropped our race plans and helped one another. We held each other's horses when we needed to tighten a saddle or take a toilet break. Yes, we were competing against one another, but we were all in it together.

What is it like to ride a wild Mongolian horse?

I rode 29 different Mongolian horses during the race. I could feel almost instantly when a horse was slightly off and would go lame if I kept riding him. So I returned some horses right away. If I was too far from the station then I would get off the horse and lead them into the next station to avoid any further lameness. Our game plan was not to incur penalties or hurt any horses in our care.

How did you train for the race?

My training regime was pilates three times a week to keep me balanced and strong. I was recovering from a car accident and a fall from my horse so I found that pilates helped me a lot more than physiotherapy. (And I rode) as many different horses as possible in different terrains around B.C. and the United States.

This interview has been edited for length and clarity.

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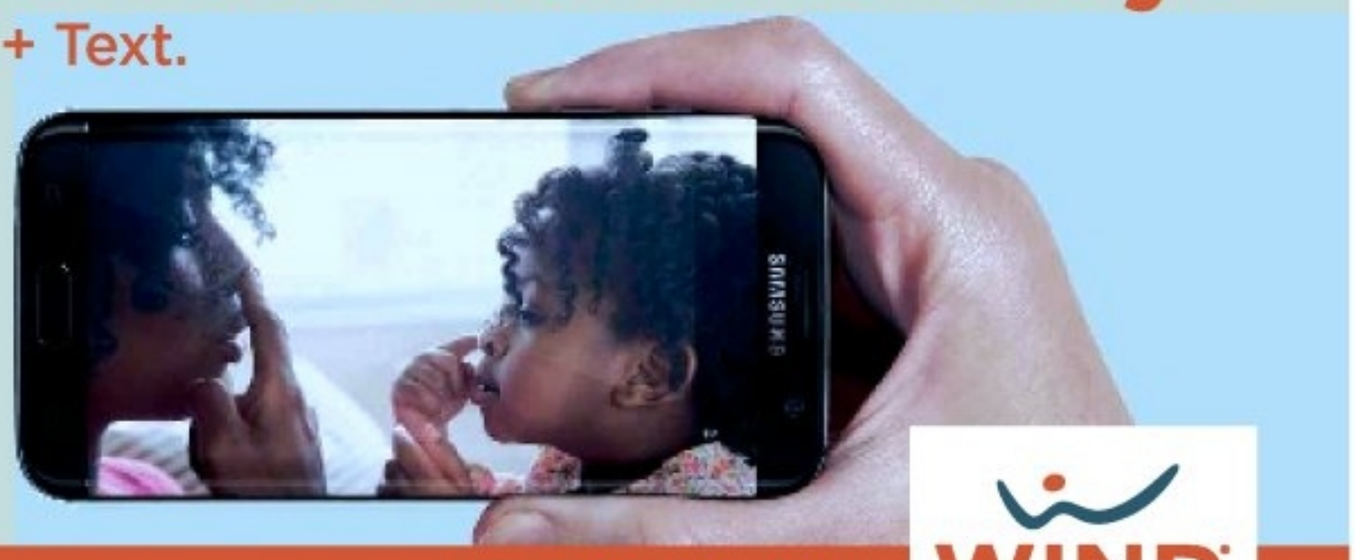

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ENVIRONMENT

Canada 'missed the boat' on climate

A leading expert on climate change says Canada "has missed the boat" when it comes to developing renewable energy resources that would mitigate the impact of global warming and its impact on human health.

Dr. James Orbinski, who teaches medicine at the University of Toronto, told a meeting of the Canadian Medical Association in Vancouver on Monday that Canada still has time to catch up with leading countries.

> **This is like no other threat that the human species has ever faced.**
> Dr. James Orbinski

"For Canada, we have been stuck in this paradox," he said. "We are lagging behind economically in terms of the kind of advances that other nations like Germany, Spain, the nations of continental Europe, the U.K., China even — the kind of policies that they're engaging in terms of dealing with the effects of climate change."

He says California has the fastest-growing economy in the United States despite putting a price on carbon emissions but Canada has not recognized what appears to be an economic paradox.

The former head of Doctors Without Borders says wildfires, droughts and hurricanes are just some of the effects of climate change, along with higher global temperatures that will lead to rising sea levels.

Orbinski says the rate of temperature increases in Canada is two times higher than the global average, with greater hikes in the northern part of the country.

THE CANADIAN PRESS

Green party Leader Elizabeth May JUSTIN TANG/THE CANADIAN PRESS

May staying on as leader

POLITICS

Green party head takes blame over boycott row

Elizabeth May will remain Green party leader despite a controversy over the Middle East that divided members and prompted her to consider stepping down.

The party will revisit a convention resolution to support a movement to boycott Israel, along with any other recent policy decisions that lacked genuine consensus, May told a news conference Monday.

Meantime, May will focus on her work as a member of a parliamentary committee studying options for remodelling Canada's electoral system before the next national ballot in three years.

"This is a decision that I think the party needs as we build our strength, and as I work on electoral reform and we prepare for 2019," May said.

May, the lone Green MP, spent the last several days pondering her future during a vacation in Cape Breton.

At the party's convention earlier this month, members voted to express support for the so-called boycott, divestment and sanctions (BDS) movement against Israel — a move May opposed and which Jewish groups swiftly denounced.

May has attributed the resolution's passage to the process — brief statements followed by a majority vote rather than the party's traditional approach of a concerted effort to arrive at consensus.

"We let ourselves down, and I take blame for that myself," she said Monday.

May firmly squelched suggestions she had thought about joining the NDP or the Liberals. "That was never even a consideration."

She was "overwhelmed to read so many letters of support" from Green members, non-members and fellow MPs.

She decided to remain leader only after meeting with the party's federal council late Sunday evening, May said. "It came to a question of support and unity. The council overwhelmingly wants me to stay on as leader." THE CANADIAN PRESS

IN BRIEF

Doctors urge palliative plan
Canada needs to broaden its approach to palliative care to provide support to patients with serious chronic illnesses, not just those with cancer, a group of specialist doctors who deal with end-of-life care has suggested.
THE CANADIAN PRESS

Disclosure laws slammed
The recent arrests of two men accused of failing to disclose their HIV status to their sexual partners have renewed calls for changes to the current legislation that advocates said Monday contributes to the fear and stigma surrounding the disease. THE CANADIAN PRESS

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A U.S. flotation invasion

SARNIA, ONT.

Winds turn boat party into international incident

You could call it an invasion party.

Or at least that's what it turned into after about 1,500 Americans taking part in an annual rafting event on the St. Clair River found themselves swept across the river to Canadian shores on Sunday.

"The first thing I thought was that this is exactly what will happen when Donald Trump will be elected: It's good practice," joked Sarnia Mayor Mike Bradley, who watched the incident unfold from his waterfront property.

"This could be the start of many people trying to cross the boarder into Canada ... but it was just a big party crowd."

Michigan's annual Port Huron Float Down is a tradition that attracts thousands of participants who float 13 km down the river that divides Michigan and Ontario on rafts and store-bought inflatables. This year, an estimated 3,000 took to the water.

The unsanctioned event started around 1 p.m. at Lighthouse (Conger) Beach in Port Huron, Mich. By 4 p.m., hundreds of people had cleared the international Blue Water Bridge and found themselves headed to the Canadian side, breaking a golden rule of the loosely organized event: DON'T LAND IN CANADA.

People celebrate as they start the Float Down at Lighthouse Beach in Port Huron, Mich., on Sunday. Thousands of people gathered for the event and floated down the St. Clair River. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

> **We had 1,500 people on floatable devices and they weren't prepared for it.** Peter Garapick

"Most people (who) are hopping in have no idea what they're doing," said Peter Garapick, a superintendent of search and rescue with the Canadian Coast Guard, who was on hand Sunday to help get the Americans out of the water.

"They get in blow-up toys with a cooler of alcohol, no sunscreen, water, dry clothing or ID," he continued. "We had 1,500 people on floatable devices and they weren't prepared for it."

Garapick said the hundreds of floaters who invaded Canada were caught up in the currents or blown ashore by winds believed to be gushing up to 40 km/h, landing at Front and George streets in Sarnia.

Some were singing the Canadian anthem as they were rescued by officials, he said.

Arianna Mahon, an 18-year-old Port Huron resident (who said she and her friends were not drinking that day), was among those swept across the river into Canada. She described the scene on foreign soil as chaotic and stressful, but added that "a lot of cops were very polite. Very, very polite."

"It was freezing cold. We were just in our swimsuits, I didn't even have shoes," she told the Star. "It was amazing (hospitality). Some people from the Tim Hortons came and they were even giving us coffee."

Emergency officials say this was the first time Americans were blown over during the float at such a high volume.

Police organized the crowds at Ferry Dock Hill before Sarnia Transit took the U.S. citizens back over the Blue Water Bridge to the American side of the border by the busload.

"The majority of (Americans) were in really good spirits," said Sarnia Constable John Sottosanti, before quickly adding that responders were dealing with "a lot of intoxicated people." TORSTAR NEWS SERVICE

POLITICS

Philpott expenses again in question

The controversy surrounding Health Minister Jane Philpott's travel expenses grew on Monday as evidence surfaced that she billed taxpayers $520 for access to Air Canada's executive airport lounges in North America and Europe.

The Opposition Conservatives, who produced a receipt for her lounge membership, said she should repay the money. "This trend of excess and entitlement on the part of this minister and the government basically is continuing," said Conservative health critic Colin Carrie.

Aaron Wudrick, the federal director of the Canadian Taxpayers Federation, also called for a refund. "The things that are reasonable expenses are things that are directly related to their job," he said.

Last week, Philpott said she would repay $3,700 in high-end car service costs after it was revealed she billed for $1,700 on one day and more than $1,900 on another day. THE CANADIAN PRESS

Health Minister Jane Philpott THE CANADIAN PRESS

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NATURAL DISASTER

Louisiana on long road to recovery

Storm victims spill out of the waiting rooms, some clutching water-stained documents, others with the long stare of those stricken by disaster, each with a story of personal tragedy about the Louisiana flood's devastation to their homes and their lives.

The line for the makeshift Federal Emergency Management Agency recovery centre started to gather before the facility opened Monday at a substance abuse treatment site run by a local Baptist church.

The long, hard slog of recovery is underway across south Louisiana, after a storm that began Aug. 12 dumped as much as two feet of rain in some areas over 48 hours, causing catastrophic flooding.

At least 13 deaths have been attributed to the flooding, and more than 60,000 homes were damaged. President Barack Obama was expected to visit the area Tuesday.

THE ASSOCIATED PRESS

Residents clean out their flood-damaged homes in St. Amant, La., on Saturday. THE ASSOCIATED PRESS

TIMBUKTU

Malian extremist has 'deep regret'

Expressing "deep regret" for his actions, an Islamic extremist pleaded guilty Monday to orchestrating the destruction of historic mausoleums in the Malian desert city of Timbuktu.

Ahmad Al Faqi Al Mahdi, wearing a dark suit and striped tie, stood and calmly told judges he was entering the guilty plea "with deep regret and great pain" and advised Muslims around the world not to commit similar acts, saying "they are not going to lead to any good for humanity."

The guilty plea was a landmark for the court, which has struggled to bring suspects to justice since its establishment in 2002. THE ASSOCIATED PRESS

Turkey vows to 'cleanse' border of Daesh terror

MIDDLE EAST

Bombing in Gaziantep killed at least 54 people

Turkey vowed Monday to fight Daesh militants at home and to "cleanse" the group from its borders after a weekend suicide bombing at a Kurdish wedding, an attack that came amid recent gains by Syrian Kurdish militia forces against the extremists in neighbouring Syria.

The bombing Saturday in the southern city of Gaziantep, near the border with Syria, killed at least 54 people — many of them children. Nearly 70 others were wounded in the attack, the deadliest in Turkey this year.

There was no immediate claim of responsibility, but officials said it appeared to be the work of Daesh. Authorities were trying to identify the attacker, who President Recep Tayyip Erdogan initially said was a child. However, Prime Minister Binali Yildirim said Monday that it was unclear whether the bomber was "a child or a grown-up."

"A clue has not yet been found concerning the perpetrator," Yildirim told reporters following a weekly Cabinet meeting. He said the earlier assertion that the attacker was child was a "guess" based on witness accounts.

A man cries as people stand around a coffin during a funeral for victims of a terror attack on a wedding party that left at least 54 dead in Gaziantep, Turkey, on Sunday. AFP/GETTY IMAGES

At least 22 of those killed were children younger than 14, according to a Turkish official who spoke on condition of anonymity in line with Turkish government rules.

The attack came after the Syria Democratic Forces, a coalition led by the main Kurdish militia groups in Syria, captured the former Daesh stronghold of Manbij in northern Syria under the cover of airstrikes by the U.S.-led coalition.

"It appears to be an act to punish the PYD," said Nihat Ali Ozcan a security and terrorism expert at the Ankara-based Economic Policy Research Foundation of Turkey, referring to a Syrian Kurdish group whose militia is fighting Daesh. "It's the cross-border settlement of scores by two actors fighting in Syria."

Foreign Minister Mevlut Cavusoglu told reporters Monday that Turkey would press ahead with its fight against the Daesh inside Turkey and support efforts to remove extremists from its borders.

"Our border has to be completely cleansed of Daesh," Cavusoglu said.

Cavusoglu said Turkey had become a main Daesh target because of measures it has implemented to stop recruits from crossing into Syria to join the fighting, as well as hundreds of arrests of Daesh suspects in Turkey. THE ASSOCIATED PRESS

RETALIATION

- Media reports say Turkish artillery has attacked a U.S.-backed Syrian Kurdish militia as well as Daesh positions across the border in Syria.

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CONVENIENCE STORES

Couche-Tard pays $4.4B for U.S. chain

Alimentation Couche-Tard, already among the largest convenience store operators in North America, announced a $4.4-billion US friendly acquisition Monday that would significantly expand its presence south of the border.

The Quebec-based company that owns the Mac's and Couche-Tard convenience store chains said it was buying CST Brands, which is headquartered in San Antonio, Tex., and has more than 2,000 stores in the U.S. and Eastern Canada.

Brian Hannasch, CEO of Alimentation Couche-Tard, told analysts on a conference call that CST Brands fills a few gaps in his company's U.S. retail operations.

"It gives us an entry into Texas, a market that we've been focused on penetrating for the last three or four years," Hannasch said.

THE CANADIAN PRESS

BY THE NUMBERS

Canada

About 1,830 stores under the Couche-Tard and Mac's brands.

United States

More than 6,050 Circle K and Kangaroo Express sites in 41 states.

Europe

2,659 full-service (convenience and fuel) and automated stations (fuel only) under Circle K, Statoil and INGO brands.

International

Licensing agreements cover almost 1,500 stores under the Circle K banner in China, Costa Rica, Egypt, Guam, Honduras, Hong Kong, Indonesia, Macau, Malaysia, Mexico, Philippines, United Arab Emirates and Vietnam.

IN BRIEF

June wholesale sales up

Canadian wholesale sales were better than expected in June, offering a sliver of economic optimism in what's expected to be a rough quarter. Statistics Canada said wholesale sales grew by 0.7 per cent to $56.4 billion.

THE CANADIAN PRESS

market minute

DOLLAR 77.22¢ (–0.56¢)

TSX 14,748.19 (+60.73)

OIL $47.41 US (–1.70¢)

GOLD $1,343.40 US (–$2.80)

NATURAL GAS: $2.68 US (+10¢)
DOW JONES: 18,529.42 (–23.15)

Frozen ducks are ready for sale in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Canadian producers to double duck output

FOOD

Celebrity chefs, reopening of Mexico market spurs demand

Despite a surge in cheap imports, Canadian duck producers are planning to boost production due to growing consumer demand spurred on by celebrity chefs and the reopening of the Mexican market.

Brome Lake, the country's oldest processor of domestic Pekin duck, is spending $30 million to build a facility in a former beef plant in Asbestos, Que., that will double its annual production capacity in five years to four million birds.

Ontario rival King Cole Ducks also plans to increase its output to stay competitive.

Canada's three largest producers, which also include B.C. supplier Fraser Valley Specialty Poultry, expect overall annual production to double from the current level of 5.5 million ducks.

A popular delicacy in Asian communities, duck is increasingly being sampled by new consumers.

"The young generation is trying more and more different products and duck is one of them," said Claude Trottier, president of Brome Lake, founded in 1912.

Although pricier than chicken, the red meat protein is increasingly being selected as an alternative to beef, which has experienced steep price increases.

Brome Lake hopes to begin production in November, four months after a fire destroyed its processing operations, offices, distribution facilities and a retail store in Knowlton, Que.

Processing has temporarily been shifted to a co-owner's operations in Indiana.

Duck is a Canadian niche culinary offering, but it's a popular item in Quebec for Brome Lake.

The processor aims to spur sales in the rest of the country beyond Chinatowns by offering a wider array of its products, including fresh meat, leg confit, sausages, duck pie and fondue meat — all of which are readily sold in Quebec supermarkets.

It also plans to educate consumers at supermarket tastings about the product that's traditionally only been served at Christmas and on other seasonal holidays.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, August 23, 2016

METRO POLL

Best summer Games for Canada ever?

Canada's 22 medals in Rio amounted to the highest total at a summer Olympics since the 22 collected at the 1996 Atlanta Games. And our three gold medals was two better than at the 2012 London Games, though well short of the seven we won in Barcelona in 1992. And, of course, there were the exploits of Penny and Andre. We asked our readers to reflect on Rio.

1 Was Rio the best ever performance for a Canadian summer Olympic team?

2 Who was the breakout Canadian star?

63% Penny Oleksiak in swimming
25% Andre De Grasse in sprinting
13% The women's rugby sevens team

3 How many medals will Canada win in 2020?

63% Between 22 and 25
31% More than 25
6% 22 on the dot
0% Less than 22

4 What was your favourite moment?

Kish finding her dad at the end of the bronze medal rugby game, if I had to pick just one.

Honestly, it was watching the women's 75 kg weightlifting finals. Wow!

It's Gotta be the Bolt-De Grasse bromance

Every single thing Penny did in the pool. What a hero!

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HAVE YOUR SAY

Olympic spirit conveys itself to us in images

URBAN COMPASS
Petti Fong

In the history of the Olympics, six years is a mere speck. But consider how much has changed in the time since Vancouver hosted the 2010 Games.

We forget medal counts very quickly. We lose that thumping feeling in our chest when the national anthem is played soon after the last note. But what does remain are the images we see.

Not every image, thankfully, is embedded in our mind. Some are easily forgotten, some return to our consciousness only after we see the photograph again. Images flood us, leaving us awash in ever-changing flickers.

Richard Monette, who helps Olympic-calibre athletes do mental training, has for the first time been watching the Games not on his television but via an app. The inundation of images has given him a sense that in these games, everything is ephemeral.

"It does change your experience to be seeing it via a computer through an app," he says. "There is less comment now that goes along with the images. They fade pretty quickly because there are so many shots that go by so fast."

Thinking back to the 2010 Games, off the top of my head, there are three or four images that come back automatically. Most of them are of extreme triumph: Jon Montgomery chugging a pitcher of beer after capturing gold in the skeleton, the fist pump of Sydney Crosby with his mouth wide open in exhilaration after the overtime goal.

But there are also some sad images like the photograph of Joannie Rochette with her hand clasped over her chest as she began to cry after her routine in the short program just days after her mother died of a massive heart attack.

An image becomes memorable because of the emotions it evokes in us. Comparing the 2010 Games of winter sport to the summer events in Rio shows how sharply divided the world has become.

It's not just the image of the defeated Egyptian judoka athlete who refused to acknowledge his Israeli opponent or the outstretched hands of the two beach volleyball players above the net reaching for the same ball. One was wearing a hijab and the other was in a bikini and the only bare similarity between them was their feet.

The contrasts were captured in photographs. The first African-American woman to win Olympic gold in swimming, the last run of Usain Bolt next to the first Olympics for Canadian Andre De Grasse.

The point of thinking about these images and all the memorable ones from Olympics past is to recall their differences.

The winter sports were pristine, white, glistening. They remain in many ways a rarified type of competition. In Brazil, the competitions were often gritty, identifiable to a larger mass of people who could envision themselves kicking a ball in a field. Sport delivers the message of uniting us in victory and even defeat. The flood of emotions we feel about what we see reminds us of how quickly just a few images stay in our memory.

ROSEMARY WESTWOOD

No politician is exempt from the temptations and pitfalls of politics

On Saturday night, the king of Canadiana, Gord Downie, used the stage at The Tragically Hip's final national tour — which has lent us more pride and unity than Tim Hortons ever could — to praise Justin Trudeau's commitment to indigenous Canadians.

As if Trudeau's Teflon popularity needed a boost.

His approval ratings in June were so high (at 56 to 63 per cent) that iPolitics wondered, "How long will Trudeau's luck last?"

Canadians (mostly) see him less as a politician than as a genuinely good guy who's going to genuinely change our country for the better (and look good doing it).

But here's the thing: Trudeau is indeed a politician, and sooner or later, he's going to screw up like one.

Already, his health minister, Jane Philpott, has stepped in that most obvious and cliché of controversies: unnecessary overspending for no purpose other than convenience or preference for room-temperature cheese.

It doesn't take a smart, powerful woman to realize that $1,700 on a limo service for one day would be bad optics as well as bad taste. And yet there was Philpott this weekend, apologizing for just such a snafu while hoping we believe it was an honest mistake, instead of a classic example of a political privilege.

Likewise, witness Trudeau's kindred spirit and brother-in-sleek-suits, U.S. President Barack Obama, who has been embarrassed into visiting flood-ravaged Louisiana today. He'd previously been photographed bike riding with his daughters on holiday, while tens of thousands of people fled what the Red Cross has called "likely the worst natural disaster in the United States since 2012's Superstorm Sandy." The optics were already eerily similar to George Bush's absence during Hurricane Katrina, and then who should show up to hand out kids' toys but Donald Trump (proving that he can do the odd bit of conventional politicking).

The problem, as the National Post's Robyn Urback noted, is that "entitlement is, generally speaking, a non-partisan illness."

I have a better chance of buying a house in Vancouver than Justin Trudeau has of keeping up this nice-guy-in-a-politician's-clothing act. There will be more Philpott-esque controversies, because there always are, and Trudeau should be held responsible when they happen.

That doesn't mean we have to give up our Gord Downie-approved hope. I'm among those who believe it may be well placed. Meaningful change could happen, but the fairy tale won't last.

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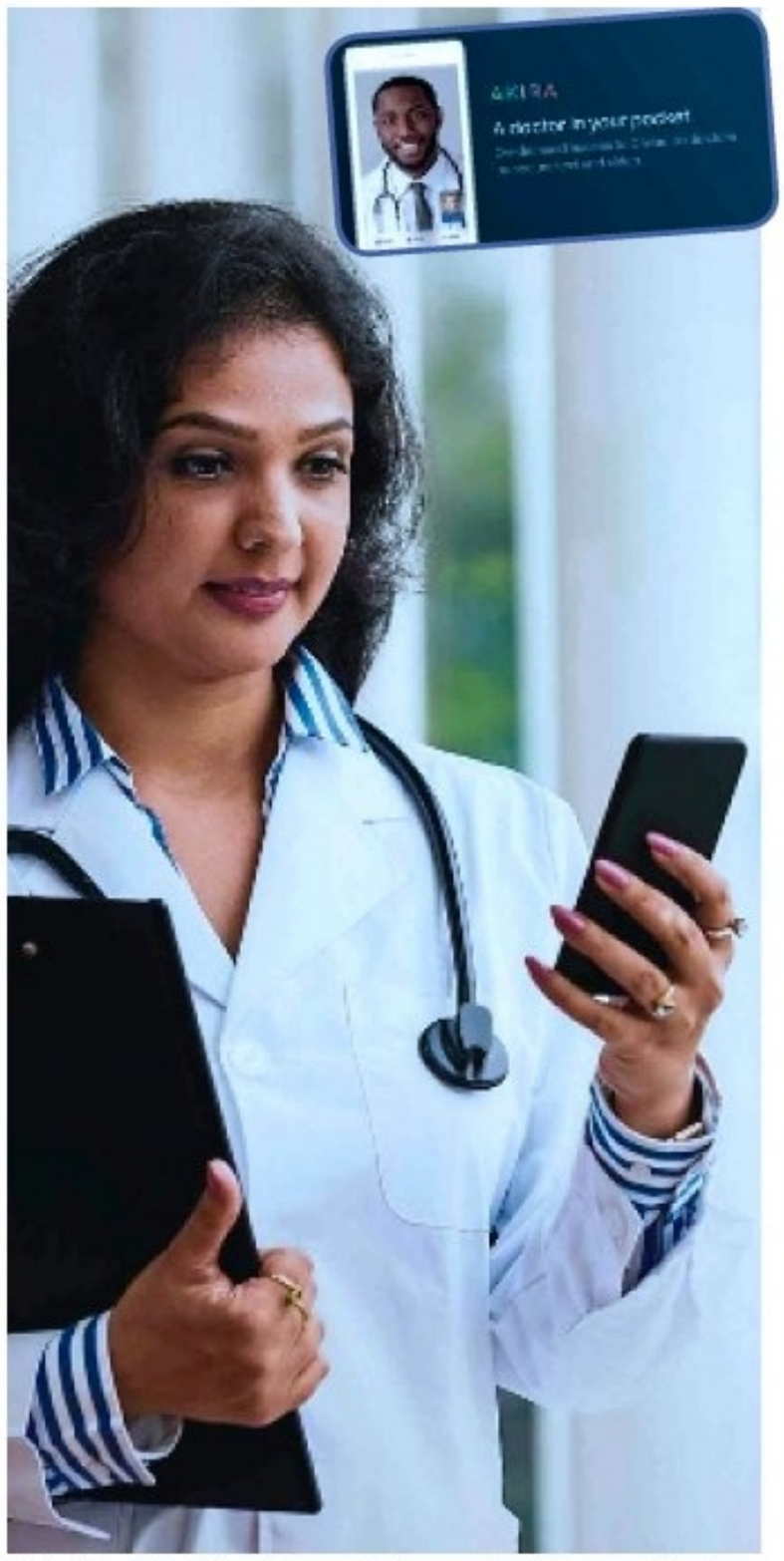
Smizing 101? Tyra Banks to teach at Standford University next spring



Akira (logo inset) is a telemedicine app that allows patients to speak to doctors via text and video conferencing to get medical advice and prescriptions. ISTOCK

Doctors without bricks and mortar

TECHNOLOGY

Can an app replace a visit to your health care provider?

Genna Buck
Metro Canada

When Nicole Simone had telltale signs of an eye infection a few months ago, she was pretty sure she knew what she had. She also knew her family doctor typically books appointments at least three to five days in advance.

Suspecting she was contagious, the Toronto-based photographer didn't feel up to visiting a walk-in clinic.

So she downloaded the smartphone app Akira, made by the Toronto startup of the same name. She signed up for a $9.99/month plan, filled out a form with her health history, submitted some photos of her eye, and spoke to a doctor by text message, answering "a bunch of questions."

Within 20 minutes, a prescription for an antibiotic had been sent to Simone's pharmacy. She did not need to submit her health card.

"I paid 10 dollars to not wait in the waiting room and catch more diseases," Simone said.

Services like this have been around in the U.S. for years, but they don't seem like they would be allowed in Canada — doesn't our single-payer health care system cover the treatment of eye infections?

It does. But in Ontario, where Akira launched in May, the provincial health insurance program doesn't cover telemedicine — the use of telecommunications technology to provide clinical care — so companies are free to charge for it.

And Canadians are eager to pay for it. A 2014 report in HealthcarePapers found nearly 80 per cent of us would like to be seen by our health providers online. That's what Akira does: Via text and video conferencing, its doctors and nurse practitioners can examine you, give advice, order lab work, refer to specialists and write prescriptions — all without you leaving the couch.

All this raises questions about what role the for-profit tech industry should play in Canadian health care, where medically necessary services are privately provided, but publicly funded and free; a right many Canadians hold sacred.

Plans are in the works to expand across the country, Akira CEO Dustin Walper said, but it could take awhile because what services are covered varies from province to province. Health care, like transportation and communication, could benefit from a bit of disruption from the tech sector, he added.

Pascale Lehoux, public health innovation professor at L'Université de Montreal, is less enthusiastic.

"The electronic health industry is very heterogeneous, including many small startup firms that have to generate a lot of "buzz" for investors … these firms have to chase the most profitable business model (e.g., clients with low health risks)," she said in an email.

Lehoux is not confident private, digital health services will ease the burden on Canada's overtaxed health system.

"From a public health perspective, such firms are unlikely to respond to pressing needs," she said.

"They respond to the needs/anxieties of (potentially wealthy) clients and work with physicians who are highly sensitive to financial incentives. What kind of health outcomes shall one expect from that?"

Akira's doctors are paid by the day by the company, regardless of how many patients those doctors see, and visits are unlimited.

The company also relies on patients to give their medical history. Akira will send its records to your doctor, with permission, but the reverse isn't possible — your family doctor can't share your electronic medical record with Akira.

Walper said it's not for him to say whether Akira is eventually covered by provincial plans, private insurance, or continues as an out-of-pocket service.

But he thinks one day Canadian hospitals will come knocking, wanting to use the technology that companies like his have developed.

"If we don't incubate and innovate our own companies in this country, down the road, we're just going to buy the technology from someone else."

BY THE NUMBERS

30

The typical age of an Akira user, according to CEO Dustin Walper.

80%

The proportion of Canadians who would like to be able to see their health provider online.

YOGA

Brush that stress off your shoulder

YuMee Chung
Torstar News Service

Although the ancient Indian healing system of Ayurveda may be the lesser-known sister of yoga as far as most westerners are concerned, Ayurvedic self-care techniques are increasingly gaining interest among the stretchy set. Body Brushing (a.k.a. Garshana) is a dry body massage that refines the skin, increases circulation, and encourages lymphatic drainage. Do it in the mornings before you shower.

1. Undress.
2. Use a dry, stiff-bristled brush to thoroughly massage your arms and legs with long sweeping strokes that move in the direction of your heart. Don't forget to include your hands and feet.
3. Employ circular strokes on your hips and backside. Massage your stomach with clockwise circles.
4. Avoid your face, chest, genitals, broken skin and any other sensitive areas.
5. Complete your massage with a shower. Consider alternating between warm and cool water to boost circulation.

Skin Facts

Your skin is your largest organ, accounting for about 15 per cent of your body weight and covering roughly two square meters. It's a stretchy, self-healing protective barrier that also forms part of the immune and excretory systems. Your skin renews itself every 28 days and sheds more than 30,000 dead cells each minute.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. Learn more about her at padmani.com.

Start the day with an invigorating skin brush. TORSTAR NEWS SERVICE

GOSSIP BRIEFS

Netflix to stream new Anne of Green Gables

Anne Shirley is going around the world. Netflix says it will stream an upcoming new Anne of Green Gables adaptation, which will also air on CBC-TV and has several women at the helm.

Emmy Award winner Moira Walley-Beckett is writing the entire first season of the new series Anne, which is based on Lucy Maud Montgomery's classic novel.

Niki Caro will direct the two-hour series premiere, while Miranda de Pencier produces the show.

The series, which will feature eight one-hour episodes, will stream globally on Netflix as it airs on CBC-TV in Canada next year. It will hit Netflix in Canada at a later date.

Production is scheduled to begin in September in Ontario.

THE CANADIAN PRESS

GOOD MORNING AMERICA

On-air racial slur 'a mistake': Robach

Good Morning America co-anchor Amy Robach has apologized for saying "coloured people" on Monday's broadcast of the ABC program.

Her use of the term sparked criticism on social media. "Offensive," tweeted one viewer. Another said Robach "gets a pass this time" but vowed to ditch GMA for a rival morning program if it happened again.

During a segment on diversity in Hollywood, Robach, who was substituting for Robin Roberts, noted recent criticism for casting white actors "in what one might assume should be a role reserved for coloured people."

After the broadcast, Robach released a statement explaining she had meant to say "people of colour." She called the incident "a mistake" and "not at all a reflection of how I feel or speak in my everyday life."

The words used to describe African-Americans have evolved over time to from words like Negro, coloured, Afro-American to the current black, African-American and people of colour, said Deborah E. McDowell, director of the University of Virginia's Carter G. Woodson Institute for African-American and African Studies.

Amy Robach. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS FILE

"We no longer use the term coloured people, although once upon a time that was a term in use," McDowell said. "Now the preferred usage is people of colour if you are speaking about people of colour broadly. If you are referring specifically to African-Americans, people will frequently be specific and refer to us as African-Americans."

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Sunday for Dummies strategy paying off

THE SHOW: Match Game, Season 1 (ABC)
THE MOMENT: Just...all of it

Leslie Jones is one of the panelists on Match Game. CONTRIBUTED

"Michael, I told you to rub my hair for good luck," host Alec Baldwin says to a contestant on this 1970s game show revamp, where two competitors play fill-in-the blank with six celebrity panelists. "That was a typo. It should be my balls."

The audience roars. "What would you do with $25,000 if you won?" Baldwin asks Michael.

Panelist Leslie Jones pipes: "Get someone to rub his balls!" (Other celebs include Jack McBrayer, Cheryl Hines, Josh Charles and Rosie O'Donnell.) The audience roars.

Michael loses. "Can I say one thing?" Baldwin asks him. "You didn't rub my balls."

Match Game is part of a three-hour, Sunday night block of vintage game shows — the other two are Celebrity Family Feud and $100,000 Pyramid — that ABC is running as counter-programming to the brainier fare that's dominated the night of late (see The Good Wife, or anything on HBO).

So successful has this Sunday for Dummies strategy proved, ABC has renewed it.

I'm old enough to remember when these shows aired on weekday afternoons, and believe me, they were harder to win back then. For example, "Auntie's cooking," as one contestant ventured on Family Feud, would not have cut it as a match for the real answer, "Fruitcake."

The intention of simplifying things seems to be this: If no one is smart, hey, everyone is!

Match Game was always about wink-nudge innuendo. But today, this passes for discretion: When Jones writes "C*nt" on her answer card, they fuzz the word on screen. The audience roars.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

No purchase necessary. One entry per person, per day. Contest open to residents in Toronto and Ottawa, ON; Winnipeg, MB; Edmonton and Calgary, AB; Vancouver, BC, who have attained the age of majority in the province in which they live at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Ten (10) grand prizes of a book plus 2 screening passes, with a value of $40 CDN each and ten (10) secondary prizes of 2 screening passes, with a value of $25 CDN each are available to be won in each market. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01am ET on August 22, 2016 and closes at 11:59pm ET on August 28, 2016. To enter and for complete contest rules visit www.wonderlist.ca

Don't let chores breed resentment

RELATIONSHIPS

Couples need a system for dividing responsibilities

Sofi Papamarko
Torstar News Service

Jen Horsey travels a lot for work. So does her boyfriend. Sometimes, things get messy.

"When I get home from a trip, I unpack right away," says Horsey, a marketing professional.

"I put the dirty clothes in the laundry, stow the suitcase and restore all my toiletries to the bathroom — even if I'm only home for a couple of days before I leave again. He, on the other hand, just opens his suitcase and lets it vomit its contents all over our bedroom floor."

Horsey doesn't consider herself a neat freak — houses are meant to be lived in, after all — but she does prefer it when things look tidy. "My boyfriend doesn't notice mess the same way I do," Horsey says.

It's not a gender thing. Nine times out of 10, my own boyfriend's place is immaculate. Whereas I am writing this on a coffee table littered with old magazines, bottles of nail polish and a constellation of pistachio shells. (I'll get to it later, okay?)

No matter how compatible you may be with your partner, if you have different cleanliness ideals, could it spell trouble for your relationship? I asked Toronto psychotherapist and couples counsellor, Kirk Austensen.

"(Cleanliness and) the division of household labour is absolutely an issue in a relationship," he says. Austensen explains that in relationships where there is this type of imbalance, there is usually one person who is an "overdoer," while the second is a more laissez-faire person. The labour imbalance eventually breeds resentment. "Resentment is the number one relationship killer," says Austensen.

Hiring a regular cleaning service is a great solution. But what about couples and families who can't afford it?

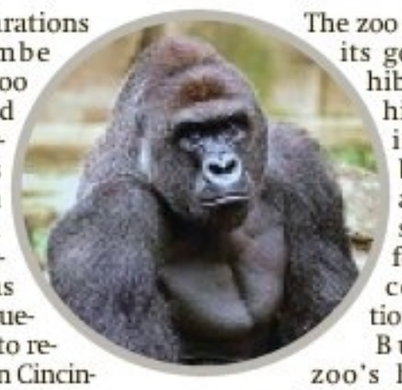
Austensen recommends that couples communicate and create a vision or plan that works for them (for instance, one partner does the cooking and cleaning and then other partner does the laundry, yardwork and handles the bulk of the childcare).

If one of the partners slips up, nagging is definitely not the way to go, as it could breed further resentment. "There has to be feedback and positive acknowledgement," says Austensen. "Couples should be checking in with each other about the things that they're both doing and contributing, ensuring that they're honouring their commitments."

Jen Horsey and her boyfriend don't exactly see eye-to-eye on when it comes to how quickly one should unpack a suitcase after a trip. TORSTAR NEWS SERVICE

CULTURE

Harambe's spirit lives on in multiple memes



With online declarations such as "Harambe Lives!" the Ohio zoo gorilla shot and killed after a 3-year-old boy got into his enclosure has taken on life after death.

The late 17-year-old great ape has shown up in tongue-in-cheek petitions to rename the hometown Cincinnati Bengals, to add his face to Mount Rushmore or the Lincoln Memorial, and to put him on the dollar bill.

He has grown the angel wings and halo of a deity in social media memorials.

He's even been mock-nominated for president.

Harambe remembrances began soberly, with a legitimate "Justice for Harambe" petition seeking to hold the boy's mother responsible in his May 28 death.

The county prosecutor ruled there was no cause for charges.

The zoo reopened its gorilla exhibit with a higher, reinforced barrier and urged support for gorilla conservation efforts.

But the zoo's hopes of moving on have been countered by all the continued reminders.

"We are not amused by the memes, petitions and signs about Harambe," Thane Maynard, Cincinnati Zoo director, said by email.

"Our zoo family is still healing, and the constant mention of Harambe makes moving forward more difficult for us. We are honouring Harambe by redoubling our gorilla conservation efforts and encouraging others to join us ."

THE ASSOCIATED PRESS

Soggy pizza stirs summer memories

ESSAY

Not every child gets the campfire and pine tree experience

Karon Liu
Torstar News Service

Karon Liu writes that this summer he's cooped up in the Torstar test kitchen — where no microwaveable pizza is allowed. TORSTAR NEWS SERVICE

The quintessential scents of a Canadian summer are the whiffs of pine trees seeping through the car windows while pulling up to the cottage; the morning air that greets you when you open your tent; and the smoky aroma of marshmallows over an open flame.

At least, that's what I was brought up to think were the smells of summer while I was watching TV.

Truthfully, the summer scents of my childhood consisted of soggy Pizza Pops, Kraft Dinner and lukewarm pizza bagels eaten in a wood-panelled basement with yellowy fluorescent lights.

My sister and I didn't spend a lot of time outside when we were kids.

As immigrants from Hong Kong, where temperatures average 30 C in the summer and the humidity gets so intense you have to refrigerate bread or else it gets mouldy, my mom found it perplexing that people would willingly leave an air-conditioned home and sleep in a tent or eat on a patio.

My mom is also one of those moms that would forward you emails in all-caps believing that urban legends were real.

She'd tell us stories of strangers pricking people with AIDS-infected needles in movie theatres, and my favourite: kids being kidnapped, killed and then having their bodies used to smuggle cocaine past airport security. You know, stuff you'd tell a 7-year-old.

We didn't believe her, but we were still forbidden to go outside without adult supervision — including the backyard. So when school was done for the year, we'd just stay inside all day. My grandma was still living with us at the time and she watched us while my parents were at work. She'd heat up a can of alphabet soup for my sister and I while we watched The Price is Right followed by The Flintstones. After that it would be another block of TV-watching in the basement before the afternoon hunger pangs set in.

Our fridge was stocked with all kinds of frozen junk food stockpiled from Costco: Pizza Pops, Bagel Bites, French fries.

My parents knew this was the bottom of the barrel when it came to nutrition, but it was quick to heat up and didn't require my sister or me to turn on the stove.

As first generation kids growing up in the '90s — a time when sushi and hummus were still exotic to the masses — we wanted to fit in with all the other kids and stuff ourselves with the junk food we saw on TV. I can still conjure up the moist and funky smell of overly processed pizza sauce undoubtedly seeping into the faux wood-panelled walls of our basement.

I don't think my sister and I ever really enjoyed eating that garbage, but we convinced ourselves that we were supposed to like this stuff since we saw it advertised all the time.

We didn't really embrace Chinese cuisine again until we were in our 20s.

It's something I look back on with a bit of regret: I was too busy stuffing myself with crap food to appreciate my grandma's food. She died by the time I developed an interest in cooking.

Eventually, our lives became less of a Virgin Suicides scenario: My sister moved out to live when her then-boyfriend and I became a boots-on-the-ground aspiring reporter and went to study journalism.

To our parents' credit, they trusted us. They knew we'd have to explore the world or else we'd be a pair of Chinese Norman Bates, and they accepted that there's a cultural difference between us that they would never understand (for example, me going camping and my sister's love of brunch).

Nowadays, my sister's summers consist of her and her husband taking their little Madeline to the park.

Ironically, this summer I'm cooped up in Torstar's test kitchen as the aroma of cookies, seared chicken and roasted cumin-scented cauliflower fills the windowless room.

No microwaveable pizza is allowed.

RECIPE

Romesco sauce: Your solution for all those ripe tomatoes

The chef, staff, food and wine at Araxi Restaurant and Oyster Bar, the celebrated fixture of B.C.'s Whistler Village, often find their way onto regional "best of" lists.

The restaurant prides itself on farm-to-table sourcing and dining, and the menu is designed around fresh ingredients from local farmers, fishers and ranchers. There, a 6-ounce Canada Triple A beef tenderloin steak is priced at nearly $50. A prawn and pea risotto will set you back almost $30.

A new cookbook authored by Araxi executive chef James Walt, who grew up working on Ottawa-area farms and was seduced by a local food philosophy early in his restaurant training, is more accessible for regular folks. Walt now lives among the producers and farmers of the Pemberton Valley and Araxi's identity is firmly entrenched in its west coast surroundings.

Araxi: Roots to Shoots, Farm Fresh Recipes is the second Araxi cookbook — the first earned a James Beard award nomination — and includes seasonal recipes from the restaurant dining room and its outdoor longtable series adapted for home cooks anywhere in Canada.

Grilled Bread with Romesco and Cheese

Romesco is a common Spanish sauce that typically includes tomato, nuts, garlic, peppers and day-old bread as a thickener. It's great this time of year when tomatoes are fresh from the field, as the ingredients are few and simple.

This would be delicious hot or cold over pasta, or with fish.

Ingredients:

- 5 large tomatoes, cores removed and cut in half
- 1 head of garlic, divided into cloves, skins on
- 1 red bell pepper, seeded and cut in half
- 1/3 cup (80 mL) blanched almonds
- 1 slice crusty bread, cut into quarters
- 1/2 cup (125 mL) olive oil
- 1/4 cup (60 mL) red wine vinegar
- 1 tsp (5 mL) sweet paprika

Directions:

1. In a medium roasting pan, arrange tomatoes, garlic cloves, red pepper, almonds and crusty bread. Drizzle with 1/4 cup olive oil. Bake at 375 F (190 C) for 30 minutes or until tomatoes and garlic cloves are softened but not blackened.

2. Remove from oven. Set aside until cool.

3. In a food processor, squeeze garlic from skins. Add roasted ingredients, remaining olive oil, vinegar and paprika. Pulse to combine. Add sea salt to taste and blend until smooth.

Grilled bread:

- 2 baguettes, sliced on diagonal into half-inch slices
- 4 tbsp (60 mL) olive oil
- Salt and pepper
- Goat cheese

Directions:

1. With a pastry brush, baste one side of bread slices with olive oil. Season with salt and pepper to taste. On a barbecue or indoor grill over medium-high heat, cook on one side until golden and lightly charred, about 5 minutes.

2. Turn bread over and grill for another 3 or 4 minutes. Repeat until all slices are grilled.

3. Apply a dollop of romesco sauce to the grilled toasts. Add 1 teaspoon goat cheese to each toast.

Serve warm.

TORSTAR NEWS SERVICE

The Araxi cookbook features seasonal recipes from the restaurant dining room adapted for home cooks. TORSTAR NEWS SERVICE

LEARNING CURVE

Don't break the bank. Sort out your school year budget pronto

Nearly half of students surveyed say social outings and eating at restaurants cost more than they anticipated, followed by groceries and tuition, according to a recent student finances poll.

"Figuring out what the school year is really going to cost is something that can make a big difference once the semester starts," advises Laura Plant, director of student banking at RBC. She offers the following tips to help parents and students budget for the school year ahead:

1. Figure out your costs — estimate expenses on the high side if you don't have an exact amount and rework the figures once you know the actuals. Talk to upper-year students who may have insights on costs of academic conferences, textbooks, and other necessary tools.

2. Add up all sources of income to see you how much cash you are working with for the year. Think about savings, investments, gifts, and financial assistance and scholarships from both government and your educational institution. Sort everything into two categories — "sure thing" and "maybe."

3. Separate your wants and needs, prioritize, and adjust. Consider making some lifestyle changes to help keep expenses in line.

4. Use an online calculator to help with budgeting. The RBC student calculator, available online at rbcroyalbank.com/student, provides hints on what you might have overlooked, such as costs for an internet connection or trips home.

5. Regularly review your spending and income/savings throughout the year and adjust as necessary.

ISTOCK

CONTRIBUTED

Register now to get ahead of the back-to-school rush

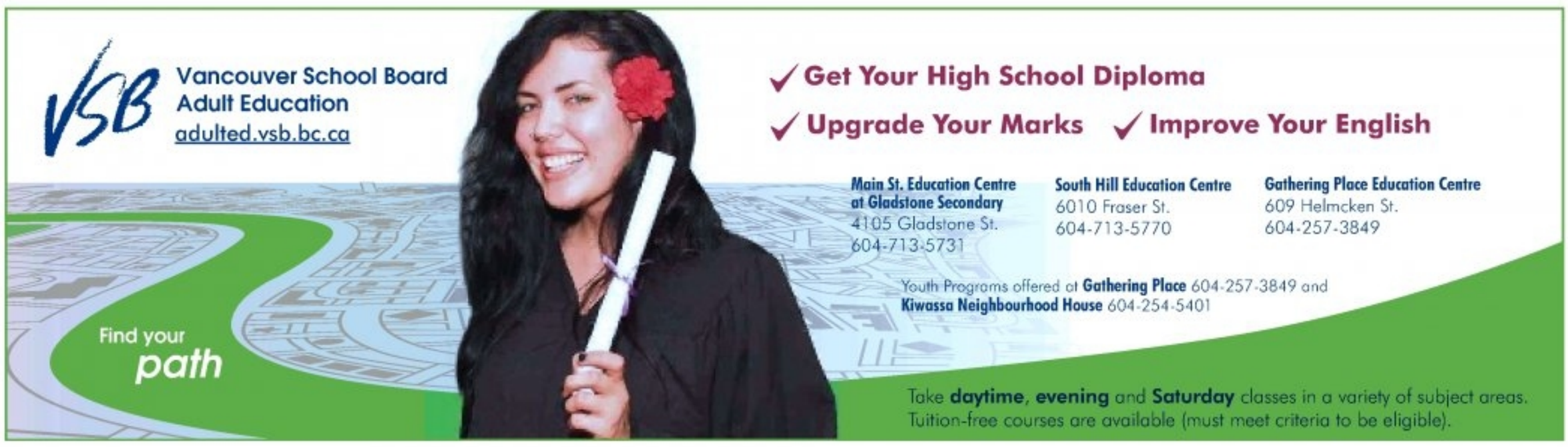
When school starts in September, a new wave of adult learners will be upgrading their education, finishing their high school diplomas or building English language competencies at Vancouver School Board (VSB) adult education centres.

"September is just a natural time to go back to school," says Adrian Keough, district principal of VSB's specialty programs. "For those looking at post secondary who may not have all the qualifications to attend their program of choice, attending VSB courses in September aligns them with a college schedule and prepares them for college life."

Through its adult education centres, VSB offers students the option to spend two to three hours per day in class with a nine-week format or two in-class days per week with an 18-week format. It also offers a flexible self-paced option that sees students just come into the education centres to pick up or get help with assignments or discuss long-term goals with advisors and teachers.

"If I had to use one word up to sum up VSB, it would be 'supportive,'" says Keough. "It's an informal environment where everyone is on a first-name basis and we ensure students have lots of people to turn to for help."

Because there is an intake process when registering for courses Keough says he encourages those interested in a September start to get visit a VSB adult education centre and get the process started as soon as possible.



Make the most of your tablet, whether studying or chilling

ISTOCK

A tech favourite for those young and old alike, tablets are a lighter, bag-friendly option for playing apps, reading books and news, watching videos, and surfing the web.

They're also great for students and others who are on the go and offer many of the same features you would find on a laptop while providing easy entertainment for your downtime.

With new models and sales coming out for back-to-school, there are more reasons than ever for upgrading your tablet.

Here are the specs you need to look for:

Screen resolution

Full high definition screens offer true colours, sharp text, and vibrant images that enhance your experience. LG's new G Pad III features an 8-inch screen that lessens eyestrain with its reader mode that filters blue light and reduces intensity. The customizable settings will let you easily work (or play) longer, letting you catch-up on any assignments or missed television shows.

Getting work done

Most tablets come with pre-installed office apps, but they can also be downloaded so you can type up your documents on the go. Wireless Bluetooth keyboards and other accessories can be added for additional options, and a long-lasting battery will help you get it all done without being tethered to an outlet.

Storage

Look for a tablet that offers a full size USB port. This allows for easy data-sharing and backing-up of all your important documents. Most tablets also come with at least 16GB of built-in memory and have expandable storage options of up to 2 TB.

Multitasking

Some tablets let you use two apps at the same time in split-screen mode, allowing you to drag and drop content easily. In addition to split-screen, the GPad from LG offers the QPair Connection app for seamless connectivity and productivity with your phone.

CONTRIBUTED

Meet cute every day as a vet assistant

A program that combines a love of animals and an interest in office administration is coming to Sprott Shaw College's Richmond campus this October.

"The office veterinary assistant program emphasizes administration, human relations, animal restraint, disease control prevention, animal care and medical care," says Lana Berar, the school's Vancouver and Richmond campus director, who is managing the program launch.

Thirty-three weeks in length, the offering was developed with insight from industry professionals to ensure its curriculum covers what employers are looking for, says Berar. As a result, courses make use of hands-on learning that includes time in a resource lab, field trips, a career development course and a four-week practicum experience.

"We have employment services specialists who work with students one-on-one to find the placement best suited for them," says Berar.

Once they graduate, students will be ready to launch a career that balances office duties with animal care in a veterinary hospital or clinic, where they may be responsible for promoting the hospital and assisting the veterinarian.

"While grads will be based in the 'front office', they will still interact with animals," says Berar. "Their administrative duties, meanwhile, may include logging information in pet profiles and scheduling appointments."

Sprott Shaw, says Berar, offers employers a guarantee that if a program grad needs to improve on a particular set of skills, the college will retrain the graduate free of charge.

To learn more, visit sprottshaw.com.

CONTRIBUTED

Plate with the very best of them as a culinary arts pro

Having long established itself as one of the top culinary schools in the Lower Mainland, Vancouver Community College (VCC) facilitates programs that result in the skills, experience and designation students need to become respected cooks — locally and globally.

In particular, VCC's culinary arts (professional cook 1), culinary arts (professional cook 2) and culinary arts (cook) apprentice offerings serve as building blocks to obtaining the coveted Red Seal designation.

"The pathway to a Red Seal, which is the benchmark set out by the Industry Training Authority for skilled trades, means finishing levels 1 and 2 then completing the required number of work-based hours and coming back for the educational component of the apprenticeship training when a cook is sponsored by an employer," says Collin Gill, VCC's culinary arts department head.

While professional cook 1 takes seven months to complete, professional cook 2 takes four months and the apprentice program takes five weeks, full-time, or 10 weeks part-time, Gill says all VCC professional cook students receive a balance of theory and practical application. This includes experience in the school's teaching kitchens and service outlets where instructional activities include demonstrations, hands-on practice and group discussions.

"They not only learn how to handle ingredients or gain the knife skills they need to prepare culinary items, but VCC students gain the know-how to develop menus, adhere to industry health and safety standards when handling food, implement kitchen management for inventory and cost control, and more," says Gill.

And although students can find work after completing professional cook 1 and 2, Gill says it is obtaining the Red Seal designation that opens the doors to higher positions as well as a global career.

"One of the greatest benefits of being a cook is the ability to travel and because the Red Seal is internationally recognized, you can take your career around the world," says Gill. "It is a statement that you achieved this benchmark and that is something chefs and cooks alike hold in high regard."

To register or learn more

Professional cook 1 offers a monthly intake. Registration for professional cook 2, meanwhile, is open until Aug. 29. For more information, visit vcc.ca.

VCC.CA

Go ahead. Get skilled.

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Program	Campus
Access to careers and education	
Tuesday, August 23, 11 a.m. - room 236	Downtown
Tuesday, August 30, 11 a.m. - room 236	Downtown
English as an additional language	
Tuesday, August 23, 6:30 p.m. - room 3618	Broadway
Thursday, August 25, 10:30 a.m. - room 3600	Broadway
Tuesday, August 30, 6:30 p.m. - room 3618	Broadway
Samsung appliance repair technician	
Thursday, August 25, 6 p.m. - room 1227	Broadway
Culinary arts	
Friday, August 26, 9:30 a.m. - room 112 (theatre)	Downtown
Teaching English to speakers of other languages	
Wednesday, August 31, 6 p.m. - room 1208	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

VCC.CA
604.871.7000

Big on compassion? A health care career offers many ways to help

Health Care Assistants (HCA) are in high demand in Vancouver and the Lower Mainland. The senior population is on the rise and so is the need for hospitals, home support and senior facilities. HCA's tend to client's physical needs, everyday challenges, providing comfort, encouraging independence and promoting the person's self-respect. As a front-line caregiver you will be able to establish the state of well-being in all dimensions of life of the clients. If you are able to give compassionate care, work well in a team setting, have a caring patient nature and a positive attitude, this is the career path for you.

Western Community College provides job-oriented programs, all of them at affordable fees. Western Community prides itself on offering students a high quality education.

They have a comfortable, friendly environment to study in with experienced, approachable faculty.

Our HCA program features classroom theory and lab skills in addition to hands-on experience students will receive in the clinical and assisted living facilities to perfect their skills in real life setting.

ISTOCK

Sound like the ideal career for you? Register for $4,250. Western Community College is open seven days a week from 9 a.m. to 5 p.m. Call 604-594-3500 or visit in person at 12899-80th Ave., Surrey, B.C.

CONTRIBUTED

Don't just sit in class. Get real world experience

As part of a global university, New York Institute of Technology's (NYIT) Vancouver campus has connections to the school's locations in places such as New York and Abu Dhabi. Closer to home, it is NYIT's local partnerships that are creating unique some opportunities.

"The 45 partnerships we have with community and business partners and professional associations are critical for our students and important for us as a school in contributing to the community," says Paul Dangerfield, NYIT Vancouver campus dean and executive director.

Thanks to its affiliations and the inclusion of industry components in all of its degree programs, NYIT is able to provide students with networking opportunities through practicums, internships or real world projects for various companies.

"We don't want our students just sitting in a classroom but rather getting that real world experience," says Dangerfield. "A lot of our students are international students and for them it is a special experience and a way to get to know the city."

Among its partners, NYIT counts AdvanceU 1st Consultants, a full-service fundraising consulting firm, business advisory company Wardell International as well as giants in the online and cyber security worlds such as Hootsuite, Fortinet and ISACA.

"With Wardell, for example, we host a bi-monthly Breakfast Networking Series that's open to students, faculty, local businesses and our partners as a space to discuss timely topics and interact," says Dangerfield. "Our community ties make this possible."

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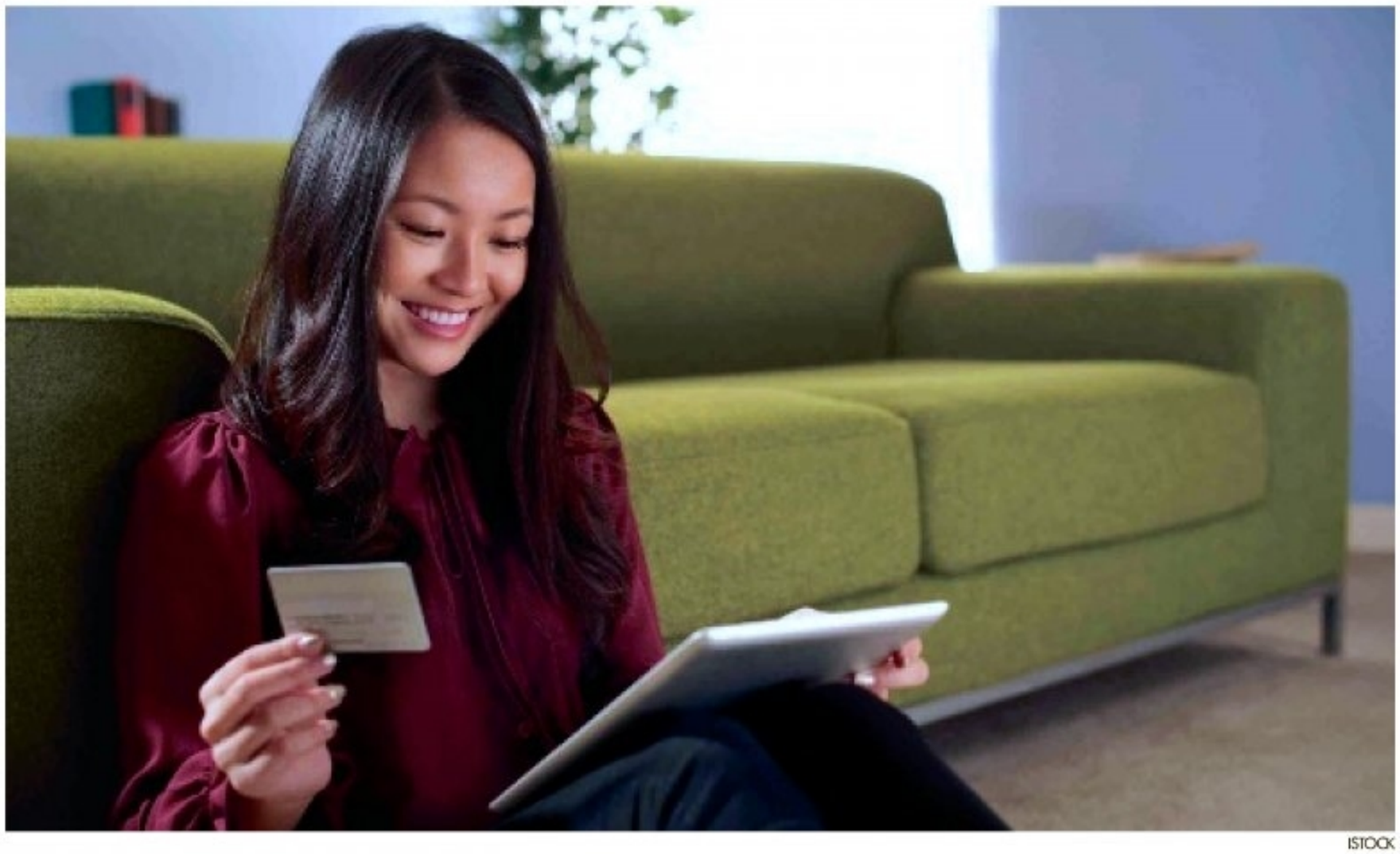
NYIT

Get smart about money management



ISTOCK

Some students get a crash course in timely and effective money management when they start post-secondary school and have real-world expenses like rent, utilities, and groceries for the first time.

According to a recent student finances poll, more than three quarters of students wished they knew more about managing money when they started school, and some wish they had known that a budget is a useful way to keep control of spending.

Here are three ways students can get smart about managing their money by going digital.

1. Instant access: Sign up for online banking or download a mobile banking app to make banking and paying bills more convenient.

2. Make your smartphone your wallet: Need to pay back a friend who covered dinner last night? You can send money to anyone in Canada with an email address and access to online banking. Or use a mobile wallet to manage your money and gift cards.

3. Use free budgeting tools: There are great apps and online tools to help you out, like the RBC student budget calculator that can help you figure your costs for the school year. The myFinanceTracker included with RBC online banking can keep you on track of your budget by showing you where you are spending your money and how much you have available to put towards savings.

CONTRIBUTED

How to find a career that matters to you

Today's jobs aren't cookie-cutter; there's something for everyone.

If you want a rewarding job, a great place to start is in a focused, career-oriented education program.

CDI College has certificate and diploma programs that can help you get your career off the ground, with programs tailored to many different career paths.

This Thursday, August 25, you can explore your options at the college's National Open House, running from 6–8 p.m. at all campuses across Canada, six of which are in B.C.

CDI College has been Canada's leading career training provider for more than 40 years, with a very high employment rate for graduates. Did you know that in 2015, more than 87 per cent of B.C. graduates were employed within months of graduation?

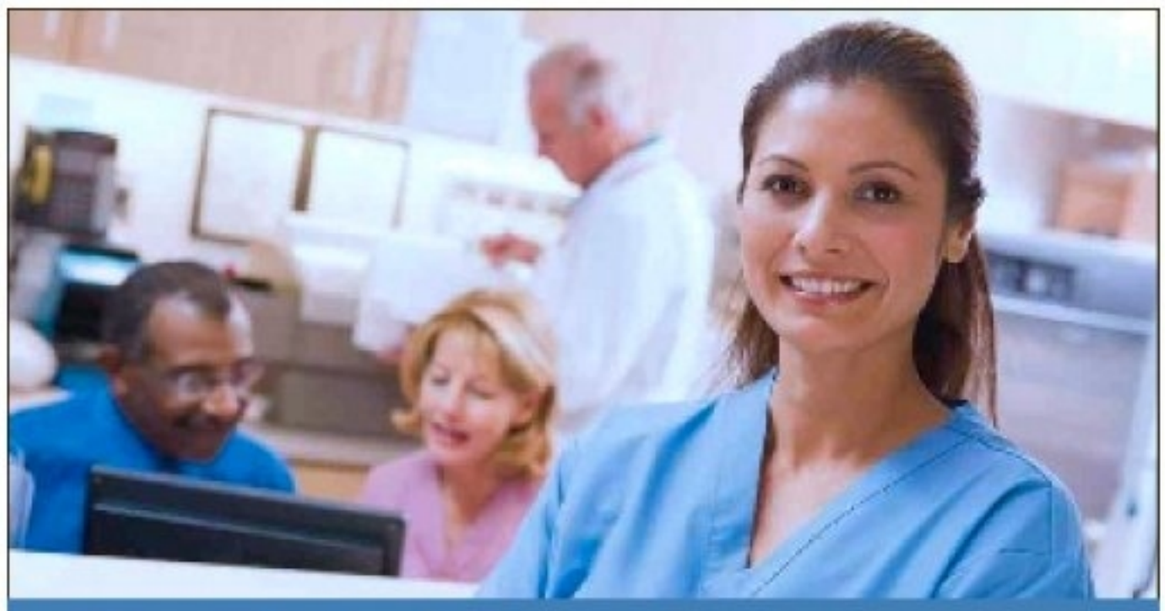
The college's market-driven programs are continuously revised with industry input and led by experienced industry professionals. Many programs offer training in cutting-edge labs located right on campus.

Visitors are invited to ask questions and learn about potential careers and their wages. Attendees who check-in at the front desk can enter for the chance to win a $1,000 scholarship,* which will be awarded to one lucky attendee at each campus.

Visit openhouse.cdicollege.ca to RSVP.

You can find out more about the programs at CDI College online at cdicollege.ca, or call 1-800-360-7186.

Other restrictions apply. Contact campus for more information.



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PCTIA ACCREDITED

Create the best at-home study space

For countless students the distractions of daily living often threaten to wreak havoc on retention and resilience.

Susan Korba, director of student academic success services at Queen's University, suggests that when designing your academic nook, setting your space apart from your sleeping quarters is crucial for success.

"Seek out a place in your home that feels distinct from the areas you feel most comfortable," says Korba. "Have the appropriate tools available and ready there, so that what you're focusing on doesn't bleed into other tasks."

ISTOCK

As for where in the house to opt for your office, Korba suggests an area that benefits from nearby sunbeams.

"A source of natural light is helpful," says Korba. "Not everyone has that luxury, but even if the sun is reflected off a mirror it can help to keep the brain more alert."

"Playing music within the space has also proven to be helpful as long as it isn't competing for your attention," Korba continues. "Lyrics can be distracting so often orchestral music or even ambient noise can help to keep focus."

"Invest in a clock," says Donna Matta, professor of interior design at Seneca College. "The student can then study within a framework — such as, 'I'm going to stay here for the next hour, and then give myself a 15-minute break.'"

"It's also great to have something visual on your desk or on the wall that motivates you," adds Matta.

And while it's important that a student's study nook is one they're happy to return to, Korba adds that the academic should be sure to leave the area once in a while.

"It's been suggested that forcing the brain to make multiple associations with the same material has helped with retaining it," says Korba. "So remember to venture out every so often — try a coffee shop or the library to revisit a concept you've already studied at home."

Start on the path to a new career this fall

If you're looking for a new job that's interesting, satisfying and better paid, taking a reputable career program is a great place to start.

There's a wide range of great careers out there to suit every style.

A medical secretary can make a median wage of $21.63 per hour in B.C., according to jobbank.gc.ca. It's a career that provides a challenging mix of administrative work that also requires basic medical knowledge.

A construction electrician can make a median wage of $27.90 per hour in B.C., notes jobbank.gc.ca. The career rewards those who are good with their hands, and have an interest in the basics of physics and circuitry.

The first step is to explore your options. Vancouver Career College will be hosting a Province-Wide Open House on Aug. 25 from 6–8 p.m., showcasing its wide variety of programs.

Visitors are invited to ask questions and learn about potential careers and their wages.

For more information

You can find out more about the programs at Vancouver Career College online at vccollege.ca, or by phone at 1-800-993-4086.

Attendees who check-in at the front desk can enter for the chance to win a $1,000 scholarship*, which will be awarded to one lucky attendee at each of its six campus.

Visit openhouse.vccollege.ca to RSVP.

**Other restrictions apply. Contact campus for more information.*

CONTRIBUTED

metro SPORTS

Olympic gold medallist Neymar won't rejoin FC Barcelona until after Brazil's World Cup qualifiers on Sept. 1 and 6

Whitecaps stumble into K.C. rematch

SOCCER

Scoring woes continue for Vancouver

With his team battling for its Major League Soccer playoff life, Vancouver Whitecaps head coach Carl Robinson was asked if Tuesday nights' CONCACAF Champions League match was a distraction.

"Can I talk to you Wednesday?" Robinson replied.

A win against Sporting Kansas City at BC Place Stadium might help the Whitecaps pull out of their recent nosedive. A loss would be another leak in a ship that is already taking on water.

"It's a game of football," said Robinson. "We want to try to win any game we play.

"Winning breeds confidence. At the moment we need to increase our confidence level individually and collectively across the board."

The Whitecaps were beaten 2-0 by Kansas City on Saturday night at Children's Mercy Park to extend their MLS losing streak to four games. Vancouver (8-12-6) is eighth in the MLS Western Conference with 30 points, two behind the Portland Timbers who hold the sixth and final playoff spot.

While the Champions League match is a different priority for Robinson, his team still faces many of the same problems. Vancouver has scored just one goal in the last five MLS games while allowing eight.

"If you're not going to score goals, you're not going to win games," said Robinson. "We need to address that, whether it's personnel change or a system change, we will. We've just got to get back to work."

A positive note is the Whitecaps currently lead their Champions League group after a 1-0 victory over Central FC of Trinidad and Tobago earlier this month.

1

The Whitecaps have scored just once in their last five MLS games.

Both Vancouver and Kansas City are expected to change up their lineups for Tuesday night. That will allow players like midfielder Russell Teibert, who has seen limited action lately, to make the case for more playing time.

"It could be useful for guys like me," said Teibert. "You use those games to an advantage."

Robinson will evaluate how his players perform in the two games against Kansas City and that will help determine his lineup for Vancouver's stretch run.

"When you get a chance to play, you have to take that chance," he said. "If you play well, you stake your claim to play in that lineup."

THE CANADIAN PRESS

Whitecaps Andrew Jacobson, left, and Kendall Waston converge on the ball against Sporting Kansas City's Dom Dwyer on Saturday in Kansas City. ORLIN WAGNER/THE ASSOCIATED PRESS

OLYMPIC SCANDAL

Lochte dropped by major sponsors

Ryan Lochte lost two major sponsors when Speedo USA and Ralph Lauren announced Monday they were dumping the swimmer over a drunken incident during the Rio Olympics that he initially described as an armed robbery.

Speedo USA also said it would donate $50,000 of Lochte's fee to Save The Children to benefit needy youngsters in Brazil.

"While we have enjoyed a winning relationship with Ryan for over a decade and he has been an important member of the Speedo team, we cannot condone behaviour that is counter to the values this brand has long stood for," the swimsuit giant said in a brief statement. "We appreciate his many achievements and hope he moves forward and learns from this experience."

> **I over-exaggerated the story. If I had never done that, we wouldn't be in this mess.**
>
> Ryan Lochte

Shortly after, Ralph Lauren followed suit: "Ralph Lauren's endorsement agreement with Ryan Lochte was specifically in support of the Rio 2016 Olympic Games and the company will not be renewing his contract."

THE ASSOCIATED PRESS

IN BRIEF

Siemian to start Broncos' final pre-season game

Coach Gary Kubiak named Trevor Siemian the starter for the Broncos' third pre-season game over Mark Sanchez and said he will decide next week who will be under centre against Carolina for the season opener on Sept. 8.

Siemian and Sanchez ended training camp sharing the No. 1 quarterback spot on the team depth chart but neither has been able to claim the job outright. Both struggled with turnovers in Saturday's 31-24 loss to San Francisco. THE ASSOCIATED PRESS

Power resumes hot stretch at Pocono Raceway

Will Power can't seem to do any wrong, which means IndyCar has another serious points race looming.

Power continued his late-season surge on Monday, winning the IndyCar race at Pocono Raceway.

It was the fourth win in the past six races for Power, 29th of his career, and cut the lead of Team Penske teammate Simon Pagenaud to 20 points in the standings with three races remaining in the season. THE ASSOCIATED PRESS

Lions look forward to comforts of road

CFL

B.C. looks to rebound in O-Town after loss to Stamps

It's a good thing the B.C. Lions feel they're at home on the road.

B.C. (5-3) enters a delicate portion of its schedule with a road contest against the Ottawa Redblacks (4-3-1) on Thursday. It's the first of two straight games away from B.C. Place Stadium against East Division opponents as the Lions will also visit the Toronto Argonauts (4-4) on Aug. 31.

B.C. has played consecutive away games against East Division teams in the past but will remain on the road after the Ottawa contest. It's the first time since 2003 that the Lions under coach/GM Wally Buono have altered their East Division travel formula, which is why they've been preparing for the logistical challenges associated with this trip for several weeks.

Jon Jennings threw 10 for 22 for 153 passing yards in a 37-9 loss to Calgary on Friday. DARRYL DYCK/THE CANADIAN PRESS

Although the Lions will continue to face returning East Division starting quarterbacks on their trip and have two improving West Division teams creeping closer to them in the standings, playing on the road couldn't have come at a better time.

East Division teams have a combined 4-11-1 home record so far with no club having more than one win in friendly territory. The Lions are 3-1 on the road.

"For where we are right now, I'd rather have this (schedule)," said Lions veteran defensive back Ryan Phillips, who wasn't with the team the last time it stayed on the road for back-to-back games. "To do this at the midpoint of the season, it could help us in Week 15 and 16."

The Lions haven't yet organized any formal team activities for their weekend stay in Ottawa but Phillips said he'd like to arrange a night for the Lions at an Ottawa bowling alley.

Getting on the road to bond might be a benefit after the Lions' disheartening 37-9 home loss to the Calgary Stampeders on Friday. It was a game billed as a first-place showdown but turned out to be a dud for B.C.

The Lions are 10-12 at B.C. Place Stadium since the end of the 2013 season. Calgary held B.C. to no offensive touchdowns for the fourth time in the last six regular-season and playoff meetings.

"We have to show more intensity and be more passionate about what we're doing," said Lions quarterback Jon Jennings, who was pulled against Calgary and has been unproductive during his last five quarters of work.

THE CANADIAN PRESS

MLB DODGERS RAIN HOMERS ON REDS Howie Kendrick of the Los Angeles Dodgers congratulates Andrew Toles on his two-run home run in the fifth inning against the Reds on Monday in Cincinnati. Adrian Gonzalez hit three homers of his own and the NL West-leading Los Angeles beat the Reds 18-9. JOE ROBBINS/GETTY IMAGES

IN BRIEF

O's sneak past Nationals
Mark Trumbo hit his major league-leading 38th home run, Jonathan Schoop also went deep and the Baltimore Orioles beat the Washington Nationals 4-3 Monday night in a matchup between neighbouring contenders.

Rookie Dylan Bundy (7-4) pitched six innings of three-hit ball for the Orioles, who had lost five of their previous six games — all at home. The victory lifted Baltimore within two games of first-place Toronto in the AL East.

THE ASSOCIATED PRESS

Price gets Sox even with Jays
David Price limited his old team to two hits in eight scoreless innings, helping the Boston Red Sox beat the Tampa Bay Rays 6-2 on Monday night to move into a tie for first place with the Blue Jays atop the AL East.

Price (12-8) walked two, struck out eight and didn't allow a runner past first base while extending Tampa Bay's scoring drought against Boston to 25 innings dating to a series at Fenway Park before the All-Star break.

THE ASSOCIATED PRESS

LEAGUE CUP

Liverpool looking for shot in the arm

Deprived of European football, Liverpool and Chelsea are looking for domestic success this season. And that includes a trophy occasionally ignored by the bigger clubs — the English League Cup.

Liverpool has won this trophy a record eight times and plays second-tier Burton on Tuesday in the second-round match. Jurgen Klopp's team finished a disappointing eighth in the Premier League last season but made it to the League Cup final, losing on penalty kicks to Manchester City.

Jurgen Klopp GETTY IMAGES

Liverpool is already showing inconsistency in the league this season. It roared back from a goal down to beat Arsenal 4-3 in a thrilling season-opener, before losing 2-0 against Burnley on Saturday.

With Sadio Mane still fighting a shoulder injury, Klopp is unlikely to make drastic changes, given the lack of European football to worry about.

"We will make changes but not big changes," the German said. "It is not really likely we change seven or eight positions."

With new manager Antonio Conte at the helm, Chelsea also has time to thrive in the League Cup — which it last won in 2015 — after finishing 10th in the league last season for one of its worst campaigns in recent history.

Chelsea plays third-tier Bristol Rovers at Stamford Bridge on Tuesday.

Unlike Klopp, Conte is likely to make changes to the side that beat Watford 2-1 on Saturday. Ruben Loftus-Cheek is expected to feature, along with Asmir Begovic adding experience.

Premier League teams Everton and Crysal Palace both face fourth-tier opposition in Yeovil and Blackpool respectively.

Stoke, beaten 4-1 by Man City in the league on Saturday, faces a trip to fourth-tier Stevenage.

Teams involved in the Champions League or Europa League enter the tournament in the third round. THE ASSOCIATED PRESS

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RECIPE Fresh Corn Fritters with Cucumber Feta Salsa

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you make three extra cobs of corn one night, you're laughing the next with these easy tacos topped with tangy salsa and full of juicy cucumber and salty feta.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Makes 10 small fritters

Ingredients
- 3 eggs
- 2 cups corn kernals, about 3 cobs either boiled or grilled
- 3 Tbsp corn meal
- 4 Tbsp spelt flour
- 2 green onions, chopped
- salt and pepper to taste
- 2 Tbsp vegetable oil

Directions

1. In a medium size mixing bowl, beat the eggs and then add the corn. Stir in the corn meal, flour, onions and then season with salt and pepper.

2. Heat the oil in a large skillet over medium heat until the oil is shimmery and hot. Cook the fritters in batches. Drop a heaping tablespoon of batter into the skittle. Flatten slightly with the back end of a spoon or spatula. Cook, turning once until browned, 4-6 minutes on each side.

3. Fritters can be reheated by placing on a sheet pan under a broiler for a minute or two.

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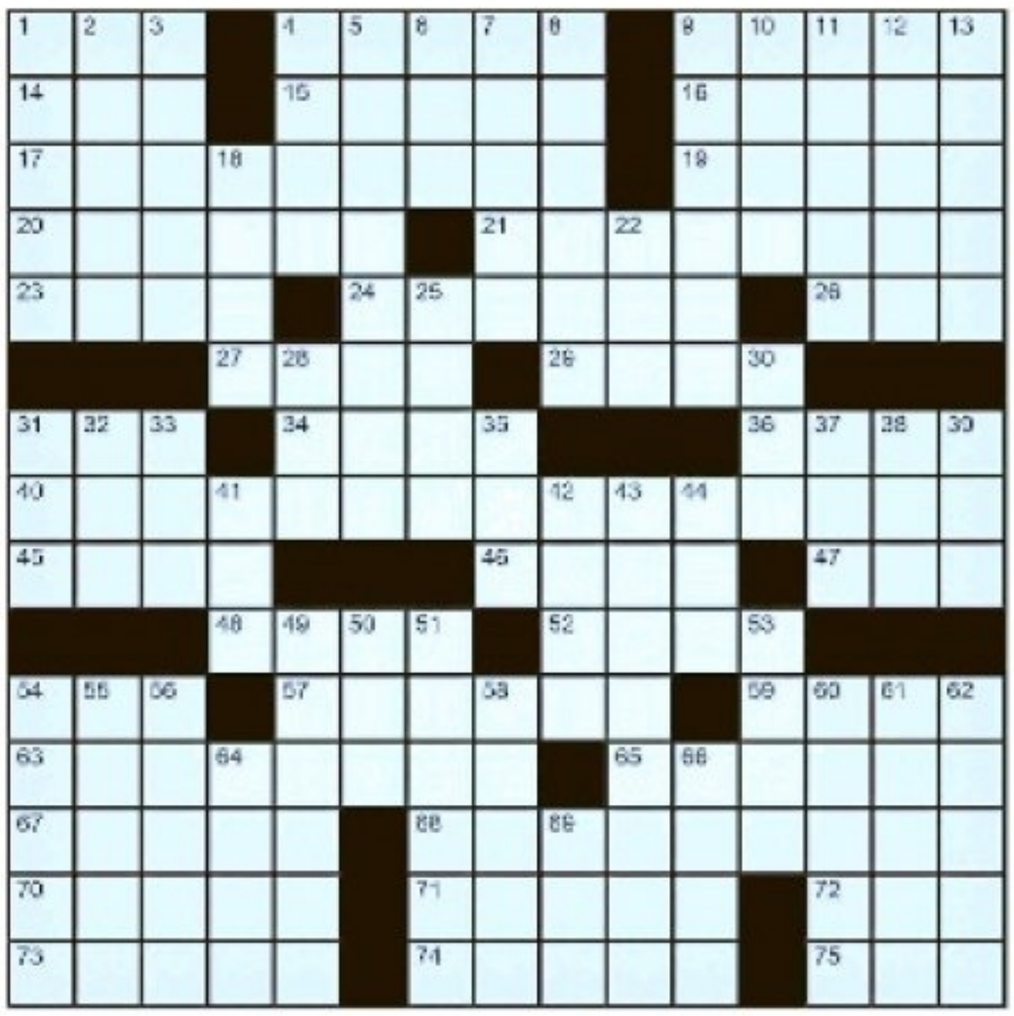
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _ rally
4. Persuade/urge
9. Taye of 'Rent' (2005)
14. Chicken King link: 2 wds.
15. Singer Ms. Ross
16. Throat part, like in Dairy Queen commercials
17. What it will be tomorrow
19. Military officer, e.g.
20. Go forth
21. Meld
23. Hair colour changers
24. Dense
26. Massachusetts Senator whose brother was President ... his initials-sharers
27. Guided travel fun
29. Eye droplet
31. UK security service
34. Monks' monikers
36. Fever symptom
40. Canadian warplanes, e.g.: 3 wds. (NOTE: Answer is partially numbered)
45. Machine gun, e.g. (NOTE: Answer is partially numbered)
46. Apiece
47. Make possible
48. Car defect
52. "_ Little Fool" by Ricky Nelson
54. New Zealand parrot
57. Exacerbate
59. Middle-_
63. There _ _ (Not present, but present)
65. "Goodness.": 2 wds.
67. Like porridge bits
68. 'Handy' style of fortune telling
70. Hurt, wasp-style
71. Elliptical
72. Ms. Leoni
73. Joanna of Growing Pains
74. Little _ Coupe by The Beach Boys
75. Unpaired

DOWN
1. 'Footed' like Fido
2. Dirge
3. San Diego baseball player
4. Chemical suffixes
5. Kansas City's location
6. Stenographer's need
7. Make into law
8. House's floor plan
9. 2001: A Space Odyssey (1968) star, Keir _
10. Jazz vocalist Ms. Anderson
11. Invitee
12. 18th-century operas composer, Christoph Willibald _
13. Fully satisfies hunger
18. Cosy retreat
22. Purch add-on (Buy)
25. Talk big
28. Not at work today
30. Pre-1947 British rule in India
31. Fancy-style 1900
32. Q. Do you know _ _ is the alphabet's 11th letter? A. I do, and it is.
33. Montreal area code
35. The _-Creature (1956)
37. Salon styling stuff
38. 4WD truck
39. Founded [abbr.]
41. Discarded/abandoned, in slang
42. Glue alternative
43. _ sanctions, as imposed by governments
44. P, to Socrates
49. 'Dallas' family, The _
50. Neither/_
51. Three-legged camera stand
53. Vintage house heaters, for short
54. Info booth
55. Related maternally
56. Awakened
58. _ off (Fend/fight)
60. Spanky & Our Gang's Like to _ _ Know You
61. Dog-_
62. Mythological tree nymph
64. Sean of movies
66. Cover
69. Mr. Ferrigno

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have money on your mind, perhaps because you want to make a special purchase. Stay in touch with financial matters and your earnings.

Taurus April 21 - May 21
The Moon is in your sign today, which makes you more emotional than usual. You feel concerned about the welfare of a friend. Meanwhile, fun times and vacations appeal!

Gemini May 22 - June 21
Secrets might come out today. However, your primary focus is on entertaining at home as well as doing home repairs and redecorating projects.

Cancer June 22 - July 23
You're eager to communicate to others now, especially a friend. Keep in mind that you can make money with your words through writing and talking this week.

Leo July 24 - Aug. 23
People might become aware of some personal details about your private life. This could possibly relate to finances, which are a high priority for you today.

Virgo Aug. 24 - Sept. 23
Four planets are in your sign right now — the Sun, Mercury, Venus and Jupiter. This empowers you! Go after what you want, especially if you want to make travel plans.

Libra Sept. 24 - Oct. 23
Today you might quietly resolve to be the best that you can be. At the very least, you want to improve your health, your attitude and your productivity. (Tall order!)

Scorpio Oct. 24 - Nov. 22
This is a popular time for you. Today in particular, you will enjoy hanging out with friends and partners. Be easygoing and ready to compromise.

Sagittarius Nov. 23 - Dec. 21
With fiery Mars in your sign, you are pumped with energy! Meanwhile, the Sun at the top of your chart makes you look fabulous in the eyes of others. Great combo!

Capricorn Dec. 22 - Jan. 20
This is a playful, fun-loving day. Travel for pleasure if you can. Explore creative options and opportunities.

Aquarius Jan. 21 - Feb. 19
Although you might want to cocoon at home today, keep in mind that you can benefit from the wealth and resources of others at this time. Just ask for what you want!

Pisces
Feb. 20 - March 20
You're eager to learn something new today. Look for opportunities to learn from someone else, because they exist. Listen to someone.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		6	3					4
		4		2	7			
3	2		8					
1		5		9	6		8	
	3						9	
	9		4	3		5		6
				8		2	3	
			6	1		8		
8				3	7		9	

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1	6	8	2	5	3	9	7	4
7	9	3	4	6	8	2	5	1
2	5	4	1	7	9	6	8	3
6	1	2	5	4	7	3	9	8
9	8	5	3	1	6	7	4	2
4	3	7	8	9	2	5	1	6
8	2	1	7	3	5	4	6	9
5	4	9	6	2	1	8	3	7
3	7	6	9	8	4	1	2	5

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Sevenoaks Shopping Centre
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Burnaby
Brentwood Town Centre
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.

Coquitlam
Coquitlam Centre
1071 Austin Ave.

Delta
Scottsdale Centre
1214 56th St.
4841 Delta St.

Langley
Willowbrook Mall
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19638 Fraser Hwy.
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
32670 Lougheed Hwy.

New Westminster
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North Vancouver
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Lynn Valley Centre
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Lansdowne Centre
Richmond Centre
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2748 Rupert St.
3121 West Broadway

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